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JULY 2017 #123 FREE

CHOPSTICKS NY®

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Summer Gourmet Issue

10 Traditional Japanese "Heat Resistant" Dishes

Dine Out for Summer Specials

12 Easy Recipes You Can Try Right Away

A Pairing Made in America: BBQ and Sho Chiku Bai Nigori Sake

Nothing is more American than sweet, tangy Kansas City-style BBQ. And nothing goes better with it than the rich texture and fruity sweetness of Sho Chiku Bai Nigori. Made in California from Sacramento Valley rice.

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松竹梅
Sho Chiku Bai

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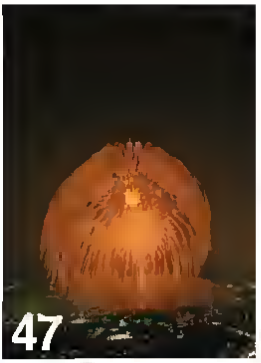
July 2017, #123



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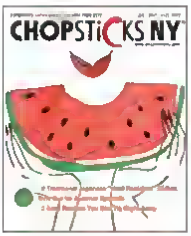

In this issue: Chopsticks NY introduces scrumptious ideas for you to try for fighting the summer heat. From dining out to cooking at home, you'll find something you can incorporate into your summer survival regimen.

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Presented by: The No.1 Japanese free paper in NY. NY Japion

Kēki Brings Modern Cakes to Chinatown

Cake connoisseurs don't need to journey to Tokyo, Taipei or Seoul to experience the trend of authentic Asian freshly-baked cakes. In March 2017, Kēki (Japanese meaning "cake") a compact bakery using only locally-sourced, natural ingredients introduced its modern cakes to Chinatown.

Inspired by both traditional Japanese and Taiwanese desserts that are typically lighter in sugar and texture, the eponymous bakery uses only four simple organic ingredients including flour, milk, egg and sugar, while maintaining a light and fluffy cake consistency. The *Bouncy Cheesecake* is perhaps the most popular menu item. Its delicately moist and airy-light as it melts in your mouth and the cheese flavor and sweetness are elegantly reserved. Other creations include the rich and soft *Green Tea Taiwanese Sponge Cake*, and the *Japanese Castella*, an eggy, bread custard-like concoction, both offered only in full-sized and paired with optional creme. If opting for smaller, grab a slice of the *Castella Cremewich*, an airy creamy cake featuring a thick layer of buttery-soft creme, suitable for breakfast or teatime. The bakery is planning to introduce its own tea sommelier.

The aroma of freshly-baked desserts emanates within the walls of the intimate bakery, as patrons can witness a performance of sorts -- *pan shokunin* (bakers) mixing, baking, slicing, and cooling nearly 500 scrumptious cakes per day. Patrons looking to swap out the standard coffee shop atmosphere, for a simple, and efficient grab-and-go establishment can turn to Kēki's delightfully modern and simple ambiance and menu.

Kēki
77 79 Mott St., New York, NY 10013 | TEL. 646-863-2094 | www.facebook.com/Kekimodernmcakes

All baking is done on premises. Dairy products are sourced from Oasis Family Farms, a chemical and pollutant-free farm.

Sample Kēki's sweet offerings before deciding which one you are going to get.

Delicate and elegant *Bouncy Cheesecake* pairs well with tea or coffee.

BOOK

Cook Japanese at Home: A Comprehensive Guide to Japanese Cooking

Sushi, ramen, teriyaki, sake, matcha green tea--Japanese cuisine is more popular than ever in the U.S. If you are a frequent diner at Japanese restaurants, it's a good time to try cooking this cuisine at home. With over 200 recipes, both authentic and creative, *Cook Japanese at Home* by Kimiko Barber is the perfect guidebook for those who love Japanese food. Ms. Barber is a Japanese cooking teacher and cookbook author who has resided in England for decades, and she now invites American readers to the realm of healthy, fun Japanese comfort food.

The cookbook consists of six sections that are divided by style of dishes (Appetizer, Soups, sashimi, and salads, Bowl Food, Main Courses, Side Dishes, and Desserts), as well as a section that shares the basic ingredients and equipment used in Japanese cooking. It also provides step-by-step instructions of how to make the dashi broth that is essential to Japanese cuisine. Dishes like *Agedashi Dofu* (Deep-fried Tofu in Broth) and *Gyoza* (Pork Dumplings) are izakaya staples, while *Ishikari-Nabe* (Salmon and Miso Hot Pot) and *Temari-Zushi* (Handball-Sushi) are perfect for entertaining at home. Ms. Barber also introduces original fusion dishes like *Japanese-Style Beef Bourguignon* and *Tuna Cubes with Wasabi Avocado Dressing*. Beautiful images photographed by Emma Lee are also enticing. With this comprehensive and hands-on cookbook you can easily make a full meal, throw a sushi party, and enjoy izakaya dining at home.

Cook Japanese at Home. From Soba and Ramen to Teriyaki and Hot Pots: 200 Everyday Recipes Using Simple Techniques by Kimiko Barber is published by Kyle Books.

Udon Noodles is a traditional Japanese comfort food which has been popular long before ramen emerged.

Brighten up your table with unique East Meets-West dishes like *Japanese-Style Shrimp Cocktail* and *Tuna Cubes with Wasabi Avocado Dressing*.

Kyle Books www.kylebooks.com

CAFE

"Healthy" Return of Eight Turn Crepe

Japanese creperie, Eight Turn Crepe returned to New York City with a more consolidated concept and more health-oriented menu items. Originally making its home on Spring Street in SoHo in 2013, Eight Turn Crepe was in the vanguard of creperies that offer truly Japanese-style crepes. However last October they had to close the business due to soaring neighborhood real estate costs, and they have since moved to Brooklyn. Their new home is the just-launched food hall, DeKalb Market Hall in Downtown Brooklyn.

A Japanese-style crepe refers to a crepe with multiple stuffings folded into a cone shape for easy carrying. They are known to have more varieties of stuffing and toppings than the French style. All of Eight Turn Crepe's crepes, both sweet and savory, are made from rice powder—yes, they are gluten free—and carefully selected quality ingredients. They try hard to source natural ingredients as much as possible to serve ultimately healthy and tasty crepes. Their signature, the *Harajuku Fruit Cocktail* crepe, features plentiful fruit (strawberry, mango, banana, raspberry and blueberry) along with fluffy cream. If you are concerned about nutritional balance, try the *Tofu Edamame* crepe, which is low-calorie and full of protein and vitamins.

Until July 15, those who mention Chopsticks NY will receive 30% off all items. Don't miss a chance to savor these crepes at their new home.

Made of rice powder, Eight Turn's crepes are thin and delicate yet have enough chewiness to hold an abundance of stuffing and toppings. Whether sweet or savory, they will make your palate, stomach and wallet happy.

Eight Turn Crepe www.eightturncrepe.com | **DeKalb Market Hall** 445 Albee Square W, Brooklyn, NY 11201 | www.dekalbmarkethall.com

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SAPPORO | LEGENDARY BIRU

Summer Gourmet Issue

10 Traditional Japanese "Heat Resistant" Dishes

Learn about traditional summer dishes that Japanese people enjoy for surviving in sweltering weather.

Dine Out for Summer Specials

(Featured Restaurants)

ICHIRAN / SriPraThai Restaurant / TEISUI / Drunken Dumpling / Ajisen Ramen / Brooklyn Ball Factory Hell's Kitchen / Ding Chinese Restaurant / Hide-Chan Ramen Hell's Kitchen / Hide-Chan Ramen Midtown East / Hinata Ramen / Pongsri / Salt + Charcoal / Totto Ramen Hell's Kitchen / Totto Ramen Midtown East / Totto Ramen Next Door

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Japanese Restaurants

10 Traditional Japanese "Heat Resistant" Dishes

Summer in Japan is extremely muggy, hot, and uncomfortable, much more so than in New York. That weather easily leads to summer lethargy, but how did people survive such sweltering conditions in times when there was no A/C? One of the tricks was food. Here we introduce 10 dishes that Japanese have traditionally enjoyed to help fight the summer heat.

Cold and Slick Dishes

With high heat and humidity, people easily lose their appetites. The Japanese way to beat this is to eat something cold, refreshing, and energy boosting at the same time. ***Hiyashi Chuka*** meets all these requirements for heat resistance. These cold ramen noodles are dressed with a light, appetizing sweet & sour sauce that makes you want to eat more. The combination of the slick texture of the noodles, the sourness from the sauce and the kick from the *karashi* (very spicy Japanese mustard) are particularly important for stimulating your appetite. Also, the toppings which contain both vegetables and protein are nutritiously balanced. There are no strict rules for choice of toppings, but authentic Hiyashi Chuka is topped with shredded cucumber, sliced tomatoes, *kinshi tamago* (shredded egg crepe), shredded ham, and *beni shoga* (shredded pickled ginger).

Somen is also a summer staple. It's a vermicelli-thin wheat noodle dish, usually served ice-cold with dipping sauce and condiments like grated ginger, wasabi and chopped scallions. Just like Hiyashi Chuka, Somen's slick texture makes you want to eat more and the three condiments greatly help to boost energy. People often eat ***Zaru Soba*** (cold buckwheat noodles with dipping sauce) and ***Zaru Udon*** (cold thick wheat noodles with dipping sauce) for the same reasons, though these noodles are thicker than Somen.

A variety of vegetable and protein toppings on *Hiyashi Chuka* makes it more flavorful and healthful

Zaru Soba (cold buckwheat noodles) with condiments served with dipping sauce. Such a simple dish yet nutritious

Cold and slick appetizers are also favored during the summer. As ***Tokoroten*** has been enjoyed in Japan for centuries, it must be the number one traditional summer appetizer. Made of agar agar, it has a jelly-like texture with a transparent look. For ease of eating, it is made into a noodle shape and served with vinegary soy sauce, karashi and roasted sesame. More than 95% of tokoroten is made up of water, so it's low calorie. Since agar agar contains an abundance of fiber, tokoroten is a great dish for those watching their weight. ***Hiyayakko*** or cold tofu is enjoyed all year round, but especially during the summer. Its texture is soft and slick, and it can be eaten without effort even when you don't have much of an appetite. Kinugoshi (soft or silken) style tofu is usually used for hiyayakko in the summer. The simplest hiyayakko is served with soy sauce and grated ginger, but you can add toppings to the dish to make it more flavorful and nutritious. *Katsuobushi* (bonito flakes), *umeboshi* (pickled plum), *nori* seaweed, *wakame* seaweed, scallions and *myoga* ginger are other popular toppings.

Stamina Boosting Dishes

Hearty, rich, high calorie and nutritious dishes are equally as popular as refreshing cold dishes among Japanese in the summer. The best example is ***Unagi no Kabayaki*** grilled eel with thick sauce over rice. Containing protein, vitamins, calcium, and iron, eel is believed to provide power for recovery from fatigue. The dish can be enjoyed any time of the year, but it is particularly popular on the day of Ushi in the summer Doyo period of the lunar calendar (usually late July and

early August, July 25 and August 6 this year.) The custom started as a kind of sales promotional campaign in the late 18th century.

Pork Katsu Curry is another dish that is favored in the summer although available throughout the year. First, pork is a good source of Vitamin B1 (thiamin), a nutrient that helps the body convert carbohydrates into glucose. The body then uses glucose to produce energy. In this sense, pork's energy boosting effect is doubled when eaten with rice. So it makes sense to enjoy Pork Katsu Curry served over rice. Second of all, curry is made from a blend of spices and herbs that help boost appetite and metabolism. Thirdly, the word "katsu" means "to overcome," "to conquer" and "to win" and Japanese love to eat it when they need to beat something, although it's based on superstition. In the same way, ***Katsu Don***, pork cutlet and egg over rice, is also popular among people who want to get a burst of stamina from one dish.

The southernmost prefecture of Japan, Okinawa, is located in a tropical climate zone, and its diet is full of ideas for beating the heat. Residents habitually eat pork, seaweed, seafood, tofu and tropical vegetables. One of the notable Okinawan dishes, ***Gaya Chanpuru***, is a stir-fry of *goya* or *nigaun* (bitter melon), tofu, egg and pork. Goya contains five times more Vitamin C than cucumber and tomato, and this nutrient as well as its bitterness, momordicin, helps improve digestion and lower cholesterol. This vine vegetable has actually been used in herbal medicine treatments in Asia and Africa. Therefore, Goya Chanpuru is a dish particularly good for fighting summer lethargy.

You can enjoy most of the dishes introduced here at Japanese restaurants. All the noodle dishes, Tokoroten, Hiyayakko and Goya Chanpuru can easily be cooked at home with ingredients you can find at Japanese or Asian grocery stores. Why not try these natural ways to help your body fight the summer heat and humidity?

Goya or bitter melon contains nutrients ideal for fighting summer lethargy. Supported by pork, egg and tofu, *Goya Chanpuru* brings stamina to your body.

Unagi no Kabayaki (top) and *Katsu Don* (left) are both power dishes that have been enjoyed for Centuries.

Traditional Summer Desserts Enjoyed in Japan

Japanese cuisine is made in accordance with the seasons, and there are some traditional desserts enjoyed mainly in the summer. ***Kakigori*** is Japanese-style shaved ice topped with your choice of syrup and flavors. Traditional syrup flavor options are usually strawberry, melon, lemon and matcha green tea, and topping options are azuki red beans and shiratama (a mochi like small ball dessert made from glutinous rice flour). The version with matcha syrup and red beans has a special name, *Uji Kintoki*. Modern Kakigori have more varieties of syrups and toppings including fruit, mochi, ice cream and cookies.

Mitsumame is another traditional summer dessert. It consists of small cubed *kanten* (agar agar) and red peas in simple syrup. Kanten is made from the same ingredient as the Tokoroten mentioned above, and it's low calorie and full of fiber. The version topped with red bean paste is called ***Anmitsu***. Shiratama and fruits are popularly added to make the dessert more colorful and appetizing. With its transparent noodle shape, ***Kuzukiri*** looks like Tokoroten, but it is a cold dessert made from *kuzu* starch* and dressed with syrup. The texture is slick and easy to eat, even when you don't have much of an appetite. ***Mizu-yokan*** known as red bean jelly. In the U.S., is also an agar agar-based dessert common in the summer. Compared to regular yokan, which is also called red bean jelly, Mizu-yokan has more water content which gives it a refreshing texture.

These traditional Japanese summer desserts are relatively low calorie as well as oil and cream free. If you are looking for healthy desserts, you might want to give them a try!

*Kuzu plant is scarce to supply enough, so it's substituted with potato starch today.

Kanten looks like ice cubes but has a jelly-like texture with a lot of fiber.

ICHIRAN Ramen and the Art of Hakata Tonkotsu

New York's 'Ramen Boom' has birthed a new generation of experienced slurpers who are well versed about the many variations that exist. Broth has especially become a focal point, and for many, the creamy, pork bone-based 'tonkotsu' style broth has been a common introduction to the world of ramen. But what makes this style – primarily known as Hakata Tonkotsu – which originated in Fukuoka, Japan, authentic? Director of American Operations Ya Kuwano of the Brooklyn outpost of ICHIRAN Ramen, provided insight into this much admired soup.

What is a Hakata Tonkotsu broth?

Pork bones – 'Tonkotsu' – can be used in many kinds of ramen broth, whether it is a Tokyo-style shoyu or shio ramen. But what makes Hakata Tonkotsu ramen different is that the pork bones are simmered for an extremely long time until the broth becomes white and cloudy. ICHIRAN's goal is to convey this authentic culture of Hakata Tonkotsu ramen.

So what makes ICHIRAN's Tonkotsu broth distinctive?

There are some people who think that Tonkotsu broth has a bit of an unpleasant odor, which can happen in certain cases. But the Tonkotsu broth at ICHIRAN has a clean flavor, because during our 24-hour cooking process, we are constantly checking on our broth, stirring it, and skimming any froth, for example. I can't tell you more than that, as the recipe and method are restaurant secrets, but it all starts from there.

Is there a reason why Hakata Tonkotsu ramen uses straight thin noodles?

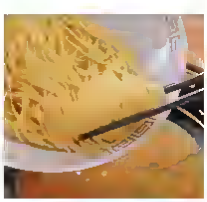
This happened because it was important to serve the bowls quickly to busy customers. Thinner noodles can be cooked faster, and thus be served faster. Now the downside of the thinner noodle is that they can quickly become gummy if not eaten immediately. That's why the concept of 'Kae-Dama' (Noodle Refills) developed – so that smaller batches of noodles could be served initially, and then especially hungry eaters could add a second batch when they were ready to eat more. Serving smaller portions maximizes deliciousness, and ensures that the condition of every batch of noodles is optimal. Another advantage of the straight noodle is that it actually traps the broth between the noodles better than curly noodles. So every time you slurp, you are getting the perfect balance of soup and noodle.

What other flourishes distinguish ICHIRAN Ramen from other ramen shops?

Speaking of noodles, at ICHIRAN, we experimented for a long time before choosing to stick with this style, and tested various ways of making noodles in order to perfect what we serve today. Like our broth, how we create our noodles is a restaurant secret. We even make our noodles in our Brooklyn factory, which is located next to our restaurant, in order to protect our recipe and methods.

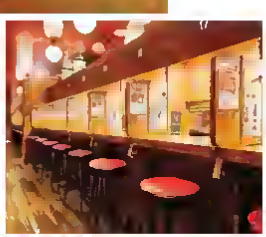
Another unique feature is our 'Hiden no Tare' (spicy red sauce) that is put into the center of the bowl. This is something that was originated at ICHIRAN, when it first opened in 1960. While this has been imitated by many other places, the recipe for our sauce is only known by 4 people. In fact, not one person at ICHIRAN knows the entire process for making the ramen. We have one person who oversees the soup. We have another that handles the noodles, and so forth. So no one can replicate what we do.

This summer, for a taste of Japanese Hakata Tonkotsu, make sure to head to ICHIRAN Ramen.



Next time at ICHIRAN pay some extra attention to the noodles. Order your desired firmness and see if the thickness and straightness make a difference!

'Matcha Draft Beer' will no longer be just for St. Patty's Day thanks to ICHIRAN's inventive Matcha-infused beer.



It's not a gimmick. The private booths do make it easier to focus on enjoying every little detail that goes into the perfect bowl of ramen.

ICHIRAN
374 Johnson Ave., (Morgan Ave. & Bogart St.)
Brooklyn, NY 11206
TEL 718-381-0491 | www.ichiran.com

ADVERTISEMENT

SriPraPhai – True Thai Cuisine

While Japanese and Chinese restaurants have been in the spotlight for years, Thai restaurants like SriPraPhai have been molding the neighborhoods around them for decades. Having opened in 1990, when few Thai restaurants could be found in the 5 boroughs, SriPraPhai has provided authentic Thai cooking for the growing East Asian population of Queens. But what makes SriPraPhai so special?

Thai dishes are known for their complex melding of essential tastes within each dish: sour, sweet, salty, bitter, and spicy are often found in one overall meal. Thai cooking juggles widely varying elements to create a harmonious dish. This requires attention to detail, intricate preparation, and a fine understanding of how ingredients interact with one another. To add to the complexity, Thailand hosts thousands of different recipes due to its unique topography and regional histories.

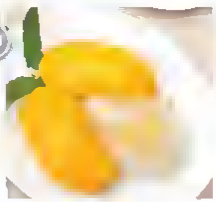
Central Thailand consumes large quantities of white rice and coconut milk in their dishes due to their flat and wet growing plains. Isan or the northeastern region is a more arid plateau, where locals enjoy roasted and broiled meats throughout the year. Northern Thailand has verdant valleys and cool, forested mountains where sticky rice, red meats and vegetarian dishes are all part of the local cuisine. Southern Thailand is bordered on two sides by tropical seas, and many islands where spicy foods and fish are the staple. Due to the varying environments and readily available ingredients in each region, Thailand's cuisine cannot be categorized into one cultural staple. U.S. restaurants must often focus on one regional group of Thai dishes because of this. However, SriPraPhai breaks that mold splendidly.

SriPraPhai began their small family-owned restaurant with a meager array of dishes from Central Thailand, but as Thai food began to gain popularity with

Every plate is artfully presented, every recipe full of flavor and texture. Whether you're looking for spicy, hearty, refreshing, or sour, SriPraPhai has a dish for every occasion.

NYC locals, they expanded their menu to accommodate other regions of Thai cuisine. The owner's son, Mr. Lersak Tipmanee, visits Thailand regularly to bring back new and trending flavors. Many locals don't realize the vast variety Thailand has to offer and often believe that visiting one Thai restaurant will allow them to experience "Thai Cuisine", but this is rarely the case. One of the jewels of SriPraPhai is that their menu has grown so large that it encompasses dishes from every region of Thailand, while retaining authentic recipes and ingredients. They've even added vegetarian menus, allergy labels for each dish, a full bar, and a wide variety of Thai Desserts. SriPraPhai flawlessly offers all that Thailand has to offer. Everything from the well-known *Pad-Thai*, to the deliciously lesser known *Crispy Watercress Salad* and *Drunken Noodles* can be enjoyed. There are dishes attuned to any person's tastes, and customers from every walk of life travel to SriPraPhai for an engaging meal. The restaurant's space has tripled in size since opening, now hosting a beautiful backyard area with flowers and abundant shade. Their customer reviews and knowledgeable staff make experiencing Thailand in their own backyard a breeze.

Traditional *Thai Crispy Watercress Salad* incorporates battered watercress, roasted cashews, and a tangy sour shrimp salad side.



Mango Sticky Rice is a delightfully healthy and refreshing dessert.

SriPraPhai
64-13 39th Ave
Woodside, NY 11377
TEL. 718-899-9599
www.sripraphairestaurant.com

(Williston Park location)
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TEISUI

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Incredibly tender *Osso Buco* is slow-cooked in flavorful stock for 3 hours.

Creative roll Chef Nakamura style: Brie cheese, apricot and cucumber are rolled in a thin layer of rice and wrapped with Prosciutto.

As a Yakitori Restaurant in NoMad, TEISUI has amused gourmands in New York by serving *robatayaki* grilled dishes in both course menu and a la carte. Now they are expanding and enriching their repertoire with the helm of Chef Takayuki Nakamura, expert in European cuisines including French, Spanish, Italian and Mediterranean. He brings a nice *wa* (harmony) to TEISUI cuisine by melding Japanese ingredients and Western techniques that he mastered from his experiences in the European countries.

Sea Urchin with Avocado, for example, tops plentiful sea urchin from Hokkaido over a slice of avocado and squid ink bread. "Sea urchin and squid pair very well in general. I asked myself how I could best express sea urchin in my dish, and the answer was squid ink bread, which is often used in Italian and Spanish cuisines. And I use avocado to bridge the two completely different textures of sea urchin and the bread," explains Chef Nakamura. His inventiveness can be seen in sushi rolls as well. *Prosciutto and Cheese Roll* and *Wagyu and Mayo Roll* are good examples of their East and West harmony. Another masterpiece is *Assorted Seasonal Vegetable Tempura*. Locally harvested vegetables in season are made into tempura and served with foamed tempura sauce. They also serve non-fusion dishes like Italian staple *Osso Buco* made with Japanese craftsmanship.

Open kitchen style dining allows diners to watch chefs' work while eating. To sample new TEISUI flavor, 7-course *Chef's Tasting* is recommended. Their signature *Yakitori Course* is also available for robatayaki dish fans.

246 5th Ave. (entrance on 28th St.) New York, NY 10001
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Drunken Dumpling

If you directly bite into *XL XLB*, you might break the dumpling skin and lose savory soup. The best way is to poke a straw into it and sip the umami-rich soup first.

Bite size soup dumplings are also available and equally scrumptious as the extra large version.

Motherson team, Qihui Guan and Yuan Lee opened Drunken Dumpling in the East Village last fall, making a splash with the famous *Extra Large Soup Dumpling* (aka *XL XLB* $11.75). Its pork broth is reduced for 7-8 hours with crab, shrimp and traditional soup dumpling ingredients to make the filling. The fat is then filtered to leave a collagen-rich treat, and the thin-skinned dumpling is steamed for 15 minutes for perfection.

This gigantic dumpling requires finesse to eat. First the broth should be sipped with a straw to enjoy the condensed umami, and then the dumpling opened with a spoon to eat the crab, shrimp and pork inside. *XL XLB* is a deliciously filling dish that is first-come first-served due to limited quantities.

According to Lee, what differentiates his shop from other dumpling joints is the healthiness of its offerings. Drunken Dumpling considers itself "farm to table." As ingredients are procured from local farms. The food's safety is thereby guaranteed, and because of the pork's high quality there is no need for extra salt, MSG or other additives. Says Lee, "Our soup dumplings have traditional Shanghainese flavor, which is mild, sweet and tender."

In addition to dumplings, the restaurant's menu includes both sweet and savory buns (pork with scallion and red bean with local honey), as well as six types of Beijing-style pot stickers that are served steamed or fried and include a vegetarian version. There is also an extensive craft beer lineup, so Drunken Dumpling literally offers something for everyone!

137 1st Ave. (bet. 8th & 9th Sts.) New York, NY 10003
TEL. 212-982-8862
www.drunkendumplingny.com
Sun-Thu 12 pm-10 pm, Fri & Sat 12 pm-12 am

Authentic Summer Ramen from Kyushu

Ajisen Ramen

Established in 1968 in Kyushu, a mecca of tonkotsu ramen, **Ajisen Ramen** now has over 800 branches around the world. Their iconic summer ramen is *Hiyashi Chuka* (traditional Japanese cold ramen dish) featuring their original, refreshing *tare* sauce crafted with a blend of soy sauce, sake and mirin, aged for one full week then topped with sesame oil and lemon juice. The full-bodied tare strikes a perfect balance with their chewiest type of craft noodle, selected from their larger selection of 10 freshly made offerings. Toppings include classic Japanese favorites for an authentic hot weather dish.

136 W. 26th St. (bet. 6th & 7th Aves.) New York, NY 10001 | TEL. 646-836-0868
14 Mott St. (bet. Chatham Sq. & Pell St.) New York, NY 10013 | TEL. 212-267-9660
36-20 38th Ave. (bet. Main & 136th Sts.) Flushing, NY 11354
TEL. 718-395-8119

Amazake: Probiotics Rich Super Drink

Brooklyn Ball Factory Hell's Kitchen

With the motto "No additives, no preservatives and no MSG", **Brooklyn Ball Factory Hell's Kitchen** offers healthy bento boxes, Japanese *dorayaki* pancakes and a catering service. This summer they are introducing *Amazake Drink* (plain, matcha and lemon) and *Amazake Smoothie* (banana, mango, and mixed berry) developed in collaboration with Ancientics. Amazake is a traditional Japanese drink made with rice and rice koji containing an abundance of probiotics that help improve digestive system and ultimately boost your energy. It has a creamy texture and natural sweetness even with no sugar added. Power up your body from inside with Amazake!

729 8th Ave., (bet. 45th & 46th Sts.) New York, NY 10036
TEL. 646-892-3620 | www.bkballfactory.com
Mon-Sat: 11 am-6 pm
Ancientics: www.ancientics.com

Beat the Heat with Heat

Ding Chinese Restaurant Szechuan/Hot Pot/Table BBQ

Ding Chinese Restaurant, which opened in Midtown a year ago, welcomes families, groups and single diners by serving a wide array of authentic Asian cuisine including Sichuan dishes, hot pot and table BBQ. Their summer recommendation is *Smoky Wok Tossed with Spicy Asian Chili* crafted by a veteran chef experienced in Sichuan Province for 30 years. Marinated chicken pieces are deep-fried and then stir fried with Sichuan peppers, garlic, ginger and celery, making the meat crispy outside and tender inside. This spicy, aromatic and flavorful dish will give you absolute power to fight the heat. Enjoy authentic flavors and spacious dining, equipped with smokeless BBQ grills.

234 W. 48th St. (bet. 7th & 8th Aves.) New York, NY 10036
TEL. 212-265-0628
www.DingTimeSquare.com
Mon-Sun: 11:30 am-11 pm

Energizing Summer Creations

Hide-Chan Ramen Hell's Kitchen

Recently opened as the second location of chicken *paitan* (cloudy soup) ramen house **Hide-Chan Ramen Hell's Kitchen** is bringing three dishes for the hot season. *Poke Don* features tuna marinated in original soy marinade and avocado over rice with poached egg atop. *Cold Noodle* is a traditional Japanese *hiyashi chuka* cold ramen dish garnished with steamed chicken, cucumber, egg, and cherry tomato and served with house-made sesame sauce instead of conventional sweet and sour sauce. And finally, *Anmn Tofu* (almond jelly) as a dessert. Milky and rich flavor with a touch of sweetness, it is perfect for ending your summer meal.

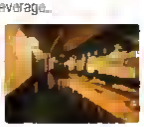
314 W. 53rd St. (bet. 8th & 9th Aves.) New York, NY 10019
TEL. 212-968-0068
www.hidechanramen.nyc
Mon-Sat: 11:30 am-4 pm, 5:30-11 pm. Sun: 12 pm-9 pm

Cold and Invigorating Ramen

Hide-Chan Ramen Midtown East

Tonkotsu ramen specialty house **Hide-Chan Ramen Midtown East** premiers *Hiyashi Chuka* (Japanese cold ramen noodle) for the hot season. Conventional hiyashi chuka usually comes with sweet and sour sauce, but Hide-Chan offers three original sauces to your taste. Refreshing *Ume* (plum), full-bodied *Sesame*, and appetizing *Spicy Sesame*. You can also choose noodles from wavy or straight. Topped with sliced pork, *kinshi tamago* (shredded egg crepe), crab stick, cherry tomato, *kaiware* sprouts, okura and seaweed, it is nutritiously well-balanced. In addition to ramen dishes, they have a good selection of appetizers that go well with their beverage.

248 E. 52nd St. 2nd Fl. (bet. 2nd & 3rd Aves.) New York, NY 10022
TEL: 212-813-1800 | www.hidechanramen.nyc
Mon-Wed: 11:30 am-11 pm, Thu: 11:30 am-1 am, Fri: 11:30 am-3 am, Sat: 12 pm-11 pm, Sun: 12 pm-10 pm



Power Boosting Soup-less Ramen

HINATA RAMEN

Known for its healthy ramen made with cage-free organic chicken, **HINATA RAMEN** serves a variety of healthy, MSG-free dishes. Their new creation of this summer *Cold Tan Tan Ramen with Chili Sesame Sauce* is a ramen highlighting curly noodles and grilled miso marinated minced meat served with homemade chili sesame sauce and spicy sauce on the side. Topped with fresh vegetables and seasoned soft boiled egg, it is an appetizing dish that beats summer lethargy. *Octopus Carpaccio with Yuzu Olive Oil Sauce* and *Hiyashi Chuka* are also recommended for the hot season.

159 E. 55th St. (bet. 3rd & Lexington Aves.) New York, NY 10022
TEL: 212-355-2974 | www.hinataramen.com
Mon-Wed: 11:30 am-11:30 pm, Thu & Fri: 11:30 am-4 am
Sat: 12 pm-4 am, Sun: 12 pm-11:30 pm

Beloved Thai Eatery for 45 Years

Pongsri Thai Restaurant

Located in the heart of the Theater District in Manhattan, the authentic Thai cuisine restaurant **Pongsri** has attracted theatergoers, tourists and neighbors since 1972. Among approximately 140 varieties of dishes, their clientele's all-time favorites are *Tom Yum Goong* (spicy and sour soup), *Som Tam* (papaya salad) and *Green Curry*. For summer, the owner picks sweet, spicy and creamy *Green Curry* (a choice of chicken, beef, pork, shrimp, calamari or scallops) to boost your energy. All dishes are made to order here. Don't forget to pair Thai iced tea with spicy dishes, which can neutralize your palate and reset it for another bite.

244 W. 46th St. (bet. Broadway & 8th Ave.) New York, NY 10036
TEL: 212-562-8392
www.pongsri.net
Mon-Sun: 11:30 am-11:30 pm

Summer Lobster Chargrill in Style

SALT + CHARCOAL

SALT + CHARCOAL is one of the rare places you can enjoy genuine wood charcoal grill dishes in New York. Earlier this year, they revamped their menu with a new chef who formerly worked in a 3 Michelin Starred restaurant, and introduced creative dishes such as *Dry aged Beef Wood Charcoal Grill Steak*. Their latest creation for the hot season is *Bacon Wrapped Lobster Tail*. A lobster tail is steamed before being chargrilled to capture its flavor and maintain its plump texture while outside is nice and crispy. Served with house-made tartar sauce, shiso leaves and seaweed salt, it's smoky and flavorful yet refreshing at the same time.

171 Grand St., (at Bedford Ave.) Brooklyn, NY 11249
TEL: 718-782-2067 | www.saltandcharcoal.com
Mon-Sun: 12 pm-4 pm, 5:30 pm-Midnight (Only drinks and desserts are served from 4-5:30 pm on Saturdays and Sundays)

Summertime Exclusive *Ramen Salad*

TOTTO RAMEN Hell's Kitchen

TOTTO RAMEN Hell's Kitchen is the second location of popular *paitan* (milky chicken broth) ramen specialty house TOTTO RAMEN. It is now introducing a summer dish that will help cool you down. *Ramen Salad* features curly noodles and is topped with an abundance of veggies, egg, and your choice of protein (tuna sashimi, salmon sashimi, house-made pork char siu, or house-made chicken char siu). You can choose either rich and creamy Sesame Dressing or refreshing Soy Sauce Dressing with a yuzu citrus splash to complete this enticing dish. Offered summertime only. Its spacious dining room is perfect for group and family dinners.

464 W. 51st St. (bet. 9th & 10th Aves.) New York, NY 10019
TEL. 646-596-9056 | www.tottoramen.com
Mon: 4:30-11 pm; Tue-Sat: 11:30 am-3:45 pm, 4:30-11 pm
Sun: 11:30 am-9:30 pm

Spicy Cold Noodles Chill You Out

TOTTO RAMEN Midtown East

This summer, chicken *paitan* (milky broth) ramen specialty **TOTTO RAMEN Midtown East** is bringing an absolute power dish, *Cold Stamina Noodle*. It highlights spicy chicken meat sauce accentuated by *tobanjan* (Chinese chili paste) and garlic, nutritious toppings (kimchee, scallions, wakame seaweed, and bean sprouts), and umami-rich sesame dressing. Ingredients are carefully chosen for increasing energy and appetite. Also recommended is *Mentaiko Hiyashi Chuka*, another cold noodle featuring *mentaiko* (spicy cod roe) with a refreshing dose of lemon juice. Both noodle dishes are offered during summertime only.

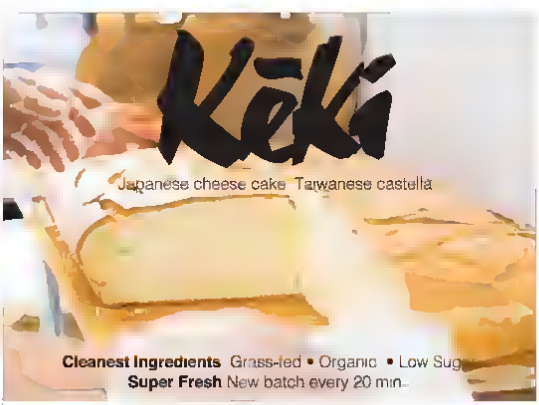
248 E. 52nd St., New York, NY 10022
TEL. 212-421-0052 | www.tottoramen.com
Mon-Wed: 11:45 am-3 pm, 5:30-11:30 pm; Thu-Fri: 11:45 am-3 pm, 6 pm-12 am; Sat: 12:30 pm-12 am; Sun: 4:30-10:30 pm

Hearty Summertime Dishes

TOTTO RAMEN Next Door

Tonkotsu (pork bone) broth ramen specialty restaurant **Totto Ramen Next Door** sees growing sales of their vegetable ramen dishes. The most popular *Miso Vegetable Ramen* boasts a full-bodied flavor from a combination of veggie dashi broth, crafted with seaweed and shiitake mushrooms, and blended miso paste. The soup coats the wavy noodles very well and creates a balance with toppings (scallions, bean sprouts, *kikurage* mushrooms, edamame tofu nuggets, and deep fried tofu). If you need stamina, *Miso Tonkotsu Ramen* with three big slices of chashu roast pork is recommended. Also premiered this summer is *Pork Curry Rice* featuring an original blend of spices.

366 W. 52nd St. (bet. 8th & 9th Aves.) New York, NY 10019
TEL. 212-459-1900
Tue-Fri: 4:30-10:30 pm; Sat: 12 pm-10:30 pm
Sun: 12 pm-9:30 pm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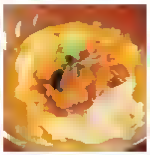
Summer Kaiseki
featuring Uni (Sea Urchin)



Yuba Uni A flavorful and colorful dish with Yuba from Kyoto as the centerpiece topped with a smoked soy sauce from Nagano and sprinkled with Dashi for an tasty flavor

Uni Soba Chewy cold buckwheat noodles topped with plenty of flavorful Uni You can choose from an array of toppings

Black Sesame Pudding Soft and creamy textured pudding made from egg yolk and black sesame seeds

Donguri Restaurant 309 East 83rd St New York NY 10028
212-737-5656 | www.dongunny.com

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[Sat]
Brunch: 11:45am - 3:30pm
Dinner: 5:30pm - 10:30pm
[Sun]
Brunch: 11:45am - 3:30pm
Dinner: 5:30pm - 9:30pm

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A Grab-and-Go Sensation Upgrades Your Fish

Oh the variety There is a bowl for every size of stomach but all have in common an unbeatable array of fish to enjoy

What is SNOWFOX? If all goes according to plan, it may be the biggest game changer for the grab-and-go food industry across the US This concept offers a range of foods – from sushi platters to poke bowls to ramen, and everything in between. Since its opening in November 2016, SNOWFOX has enlisted True World Foods to support its goal to present only high quality fish, so that their raw dishes not only meet, but also exceed the quality once previously associated with sit-down restaurants

According to Director of Operations, Jaehun "JJ" Jung, the concept of SNOWFOX is to deliver quality that goes above and beyond the typical grab-and-go, by utilizing high-end quality fish and paying close attention to every little detail, it is able to elevate its offerings and exceed expectations Whether you're looking at artfully displayed shakers of salads or sushi roll sets, you can just see from the bright colors and plump cuts that the fish is flawlessly fresh Fans of nigiri-style sushi can indulge in generously portioned pieces that will surprise even the most experienced sushi lunch fanatics. *Sushi Burritos* are the perfect change of pace from the ordinary Smaller items like *Crab* and *Ikura Bowls* go a long way in flavor and satisfaction And when you indulge in the *Poke Bowl* you are presented with a hearty mélange of tuna, salmon, seaweed salad edamame, and rice Every bite is delicious.

The reason why it all works is because of a perfect storm of fundamentals The thoughtfulness and hard work that Mr. Jung puts in, the impeccably composed selection of menu items, the coordination of the interior; the constant commitment to superior fish, all these things are what it takes to be successful But according to Chef Jung, "If I have a secret weapon, it has to be True World Foods" He continued, "From the quality to prices to the customer service, they are unequaled They pay attention, meet my needs on a daily basis, and even think of me when they think I might be interested in trying something new or different."

Thanks to TEAM SNOWFOX's ambitious R&D strategy diners can expect many new, mouthwatering dishes on the horizon The next time you're on 23rd Street, consider heading over to Snowfox for a taste of what is to come – with fish provided by True World Foods

Tuna nigiri is the gateway sushi that opens up a world of creative rolls, nigiri and combination platters

The eye-catching displays might coax you into picking up lunch, a snack, and dinner all at once.

SNOWFOX Cafe
24 E 23rd St , (bet Park Ave & Broadway)
New York NY 10010
TEL: 646-998-3030 | www.snowfoxcafe.com

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Japanese Restaurant Guide

$35 Average price for a dinner entree and a drink (take-out without)

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Upper West

Upper West — GO! GO! CURRY! $8.5

They serve Japanese-style thick curry sauce over well selected rice with your choice of topping. It's delicious freshly made yet quick cheap and high quality. That's why Go Go Curry is very addictive. Now You can enjoy Japanese comfort food in Harlem.

567 W 125th St. (at Broadway) 646-833-7143 www.gogocurryusa-ny.com

Upper West — Amuze Fusion & Lounge $35
466 Amsterdam Ave (bet. 82nd & 83rd St.) 212-874-1078

Upper West — Bar Masa $68
Time Warner Ctr 10 Columbus Cir 212-823-9800

Upper West — Oan Japanese Restaurant $20
2011 Broadway (at 69th St.) 212-877-5255

Upper West — Gari $30
370 Columbus Ave (bet. 77th & 78th St.) 212-362-4818

Upper West — Haru $35
433 Amsterdam Ave (bet. 80th & 81st St.) 212-579-5655

Upper West — Ichie Restaurant $20
53 W 10th St (bet. Manhattan & Columbus Ave.) 212-865-4899

Upper West — Jin Ramen* $15
462 Amsterdam Ave (at 82nd St.) 646-657-0755

Upper West — Kitaro $20
510 Amsterdam Ave. (bet. 84th & 85th St.) 212-787-9009

Upper West — Kauzan $25
585 Amsterdam Ave (at 88rd St.) 212-280-8099

Upper West — Kamo Sushi $30
165 W 72nd St (Columbus & Amsterdam Ave.) 212-580-8228

Upper West — Muma Sushi $25
237 Dyckman St (Broadway & Seaman Ave.) 212-544-0003

Upper West — Nabe Harlem* $25
2287 Frederick Douglass Blvd. (bet. 122th & 126th St.) 646-370-4008

Upper West — Naruto Ramen $18
2634 Broadway (at 100th St.) 212-222-0229

Upper West — Rai Rui Ken* $15
1487 Amsterdam Ave. (bet 131st & 133rd Ave.) 917-639-8342

Upper West — RAKU $20
57 W 70th St. (at Columbus Ave.) 212-873-1220

Upper West — Sun-Chao $25
2707 Broadway (bet. 103rd & 104th St.) 212-749-5089

Upper West — Sushi Inoue $70
361 Lenox Ave (bet. 128th & 130th St.) 646-767-0555

Upper West — Sushi Yusaka* $30
251 W 72nd St. (B way & West End Ave.) 212-496-8450

Upper West — Vine Sushi & Sake* $20
2953/55 Broadway (bet. 115th & 116th St.) 212-222-3568

Upper West — Yasho Ramen $13
340 Amsterdam Ave (bet. 106th & 107th Ave.) 212-222-2885

Upper West — Zurutto $20
142 W 72nd St (bet. Columbus & Amsterdam Ave.) 212-496-0022

Upper East

Upper East — AMURA $23
1557 2nd Ave (bet. 80th & 81st St.) 212-772-1616

Upper East — A Asosan Sushi $25
1103 1st Ave (bet. 60th & 61st St.) 212-308-8828

Upper East — CHOCHIN $15
310 E 93rd St. (bet. 1st & 2nd Ave.) 212-426-1216

Upper East — Donguri $40
305 E 83rd St. (bet. 1st & 2nd Ave.) 212-737-5656

Upper East — IRON Sushi* $25
356 E 78th St. (bet. 1st & 2nd Ave.) 212-772-7640

Upper East — Isohama $30
1665 3rd Ave (bet. 93rd & 94th St.) 212-828-0099

Upper East — Kyoto Sushi $30
1240 Lexington Ave (bet. 83rd & 84th St.) 212-288-5024

Upper East — Momokawa $35
1468 1st Ave. (bet. 76th & 77th St.) 212-256-0403

Upper East — Nuruto Ramen* $10
1566 3rd Ave (bet. 89th & 90th St.) 212-289-7803

Upper East — Sasahune $40
401 E. 73rd St. (bet. 1st & York Ave.) 212-249-8583

Upper East — Shuhu-Shahu 70* $25
314 E. 70th St. (bet. 1st & 2nd Ave.) 212-861-5635

Upper East — Sushi of Gari $80
402 E. 78th St. (bet. 1st & York Ave.) 212-517-5340

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Upper East **Sushi Seki***
1143 1st Ave. (bet. 62nd & 63rd St.) $57
212-371-0238

Upper East **Taaashi Sashi Sake Bar***
1372 York Ave. (bet. 73rd & 74th St.) $55
917 295-8254

Upper East **YUKA***
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212-772 3675

Midtown West

Midtown West **GO! GO! CURRY!***

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273 W. 38th St. (bet. 7th & 8th Ave.) $8.5
212-730-5555 www.gogocurryusa-ny.com

Midtown West **Yama Ramen**

Yama Ramen is a new Japanese restaurant near Rockefeller Center. They serve a wide variety of sushi rolls, appetizers and ramen for an affordable price. Lunch specials are also available. They offer delivery services as well.
69 W. 48th St. (bet. 5th & 7th Ave.) $15
212-332-1988 www.yamanmen.com

Midtown West **Benihana**
47 W. 56th St. (bet. 5th & 6th Ave.) $30
212-541-0330

Midtown West **OONBURI-YA***
253 W. 55th St. (bet. Broadway & 8th Ave.) $25
212-830-7005

Midtown West **The East Saka Bar**
43 W. 32nd St. (bet. 5th St. & Broadway) $30
212-563 1500

Midtown West **Hide-Chan Ramen**
314 W. 53rd St. (bet. 8th & 9th Ave.) $20
212-353-0088

Midtown West **Ichimasa**
302 W. 50th St. (bet. 8th & 9th Ave.) $20
212 315-4900

Midtown West **Iaakaya**
231 W. 40th St. (bet. 7th & 8th Ave.) $45
212-354-2195

Midtown West **IPPUDO NY WESTSIDE**
321 W. 51st St. (bet. 8th & 9th Ave.) $32
212-974 2500

Midtown West **Iroha**
152 W. 49th St. (bet. 6th & 7th Ave.) $30
212-399-4045

Midtown West **ISE Meakai-tai 56**
56 W. 56th St. (bet. 5th & 6th Ave.) $25
212-707-8702

Midtown West **KATSUHAMA55***
43-45 W. 55th St. (bet. 5th & 6th Ave.) $18
212-641 7145

Midtown West **Kodama 45**
301 W. 45th St. (at 8th Ave.) $25
212-582-4005

Midtown West **Kot**
40 W. 40th St. (bet. 5th & 6th Ave.) $60
212-521 3330

Midtown West **Mira Sushi***
48 W 22nd St. (bet. 5th & 6th Ave.) $11
212-989-7888

Midtown West **Natsumi**
229 W. 50th St. (bet. Broadway & 8th Ave.) $40
212 258-2368

Midtown West **Nippori***
245 W. 51st St. (bet. Broadway & 8th Ave.) $30
646-964-5332

Midtown West **NOBU 57**
40 W. 57th St. (bet. 5th & 6th Ave.) $100
212-757-3000

Midtown West **Ocha**
350 W. 46th St. (bet. 8th & 9th Ave.) $25
212-581-3188

Midtown West **Ootoya Times Sqaare**
141 W. 41st St. (bet. 6th Ave. & Broadway) $20
212 704-0833

Midtown West **Sake Bar Hagi**
152 W. 49th St. (bet. 6th & 7th Ave.) $25
212-764-4543

Midtown West **Saka Bar Hagi 46**
358 W. 46th St. (bet. 8th & 9th Ave.) $30
212 956-2423

Midtown West **Sapporo***
152 W. 49th St. (bet. 5th & 7th Ave.) $18
212-869-8372

Midtown West **Shimizu**
318 W. 51st St. (bet. 8th & 9th Ave.) $25
212-581-1581

Midtown West **Sushiden***
123 W. 49th St. (bet. 6th & 7th Ave.) $45
212 399-2800

Midtown West **Sushiya***
28 W. 56th St. (bet. 5th & 6th Ave.) $20
212 247 5756

Midtown West **SUZUKI**
114 W. 47th St. (bet. 6th & 7th Ave.) $70
212-278-0010

Midtown West **TABATA RAMEN***
540 9th Ave. (bet. 38th & 40th St.) $15
212 290-7551

Midtown West **TABATA RAMEN***
557 9th Ave. (btw. 37th & 38th Sts.) $15
212 465-2418

Midtown West **Terakawa Ramen**
385 9th Ave. (bet. 57th & 58th St.) $12
212-307 0170

Midtown West **Totto Next Door**
366 W. 52nd St. (bet. 8th & 9th Ave.) $20

Midtown West **Totto Ramen W 51nd**
464 W. 51st St. (bet. 9th & 10th Ave.) $20
646-596-9056

Midtown West **Totto Raman W 52nd**
366 W. 52nd St. (bet. 8th & 9th Ave.) $20
212-652-0052

Midtown West **Yakitori TOTTO**
251 W. 55th St. (bet. Broadway & 8th Ave.) $45
212 245-4555

Midtown West **Yummy Sushi***
30 Rockefeller Plaza Coucou su Level $10
212-459-2100

* Chopsticks NY available to pick up

Midtown East

Midtown East **GO! GO! CURRY!***

East 53 d Stad ums the 6th location of Go! Go! Curry! in NYC. They provide large portions at reasonable price. Its 1-seat-ish dining room is usually filled up during lunch- and dinnertime. They also offer free delivery.
235 E. 53rd St. (bet. 2nd & 3rd Ave.) $8.5
646-678-5253 www.gogocurryusa-ny.com

Midtown East **Sakagura***

It get sake bar in the world (inv ng over 200 varieties of sake and seasonal rarity spirits. Homemade soba and lunch set of soba & rice bowl are popula. This a neat ng h deout situated in the basement level is perfect for couples. Private part es available.
211 E. 43rd St. B1F (bet. 2nd & 3rd Ave.) $50
212-953 7253 www.sakagura.com

Midtown East **Aburiya Kraaosuka***
213 E. 45th St. (bet. 2nd & 3rd Ave.) $65
212-367-6454

Midtown East **Azusa**
3 E. 44th St. (bet. Mad son & 5th Ave.) $35
212-681 0001

Midtown East **Gyu-Kaka***
805 3rd Ave. 2 Fl. (at 50th St.) $40
212 702-9816

Midtown East **Hakubai**
The Kitano Hotel 66 Park Ave. (at 38th St.) $66
212-885-2000

Midtown East **Hatsuhaaa**
17 E. 48th St. (bet. Madison & 5th Ave.) $50
212-355-3345

Midtown East **Hide-Chan Ramen**
248 E. 52nd St. 2 Fl. (bet. 2nd & 3rd Ave.) $20
212-813-1800

Midtown East **HINATA**
159 E. 55th St. (bet. 3rd Ave. & Lex.) $20
212 355-2374

Midtown East **Izakaya Riki**
141 E. 45th St. (bet. 3rd & Lexington Ave.) $40
212 986-5804

Midtown East **Jakai**
237 E. 53rd St. (bet. 2nd & 3rd Ave.) $30
212 588-5788

Midtown East **Kajitsu**
125 E. 39th St. (bet. Lex & Park Ave.) $80
212-228-4073

Midtown East **KATSUHAMA47***
11 E. 47th St. (bet. Madison & 5th Ave.) $18
212 758-5305

Midtown East **Kokaga**
125 E. 39th St. (bet. Lex & Park Ave.) $25
212-228-4073

Midtown East **Lucky Cat**
232 E 53rd St. (bet. 2nd & 3rd Ave.) $30
212-888-5333

Midtown East **Nada-Sushi**
135 E. 50th St. (bet. 3rd & Lexington Ave.) $25
212-888-2537

Midtown East **Nare Sushi**
115 E. 57th St. (bet. Lexington & Park Ave.) $25
646-966-0061

Midtown East **NIKAI***
830 3rd Ave. 2nd Fl. (at 51st St.) $12
212 355-9855

Midtown East **Nippon***
155 E 52nd St (bet. 3rd & Lexington Ave) $49
212-758-0226

Midtown East **ONODERA**
461 5th Ave (bet 40th & 41st St $70 L
212-930-0825 Sm

Midtown East **Raman Takumi***
517 3rd Ave. (bet 34th & 35th St) $10 L
212-679-2752

Midtown East **Shinbashi***
7 E. 48th St. (bet. Madison & 5th Ave.) $30 Sm L
212-813-1008

Midtown East **Shinya Shokudo**
246 E 52nd St (bet. 2nd & 3rd Ave) $20 Sm
212-230-1234

Midtown East **Shocha & Tapas AYA**
247 E 50th St (bet. 2nd & 3rd Ave) $30 Sm
212-715-0770

Midtown East **Soba TOTTO**
211 E 43rd St 1 Fl (bet. 2nd & 3rd Ave) $40 L
212-557-6200

Midtown East **Sushi Yoa**
246 E 51st St. (bet 2nd & 3rd Ave.) $85 L
212-752-2367 m

Midtown East **SushiAna**
31 E 51st St (at Park Ave) $50 Sm
212-755-1780

Midtown East **Sushidea**
13 E 49th St. (bet. Madison & 5th Ave) $45 Sm
212-750-2700

Midtown East **TOMI JAZZ**
239 E 53rd St (bet. 2nd & 3rd Ave) $30
646-437-1254

Midtown East **Totto Ramea E 52nd**
240 E 52nd St (bet. 2nd & 3rd Ave) $20 Sm L
212-421-0082

Midtown East **West Udon Izakaya**
150 E 46th St (bet. 3rd & Lexington Ave) $10 L
212-922-3677

Midtown East **Yakiniku GEN***
250 E 52nd St (bet. 2nd & 3rd Ave) $50
212-602 1129 m

Korea Town

Koreatown **Ichi Umi Restaurant***
6 E. 32nd St. (bet. Madison & 5th Ave.) $30 L
212 725-1333

Koreatown **Izakaya MEW***
53 W 35th St (bet 5th & 6th Ave) $25 L
646-368-9384

Chelsea

Chelsea **ennju***

A self serv ce restaurant cor veniently located near un on square station ennju features an ong nal menu created by the Japanese owner There are min n from ncluding sushi bento rames noul da ly donbur and sake
20 E 17th St (bet 5th Ave & Broadway) $10 L
646-336-7004

✻ Chopsticks NY available to pick up

Chelsea **GO! GO! CURRY!***

Chelsea Stadium is the 4th location of Go! Go! Curry! in NYC "Katsu curry" "Home-run curry and Grand Slam are always popular among New Yorkers On the 5th 15th and 25th of each month get free topping coupons on purchase for GO GO DAY
144 W 19th St (bet. 6th & 7th Ave.) $8.5
212-255-4555 www.gogonnyusa-ny.com

Chelsea **AA Ichiban Sushi**
213 W 25 St (bet 7th & 8th Ave) $18
212-675-8188

Chelsea **Ajisan Ramaa***
135 W 29th St. (bet. 6th & 7th Ave) $16 L
646-838-0858

Chelsea **Asuka Sushi**
300 W 23rd St. (at 8th Ave) $25 L
212-727-0687

Chelsea **Haeamizuki Cafe***
143 W 29th St. (bet. 6th & 7th Ave) $9 Sm L
212-695-5033

Chelsea **KAPPO TOTTO**
458 W 17th St. (bet. 8th & 10th Ave. $70 Sm
212-924-0047 m

Chelsea **Kiku Sushi**
235 9th Ave. (bet 24th & 25th St.) $15 L
212-627-3960

Chelsea **Manster Sushi**
158 W 23rd St. (bet. 6th & 7th Ave) $30 L
212-620-3131

Chelsea **MORIMOTO**
88 10th Ave (bet 15th & 16th St.) $90 L
212-989-8883 m

Chelsea **Ootoya Chelsea**
5 W 18th St (bet 5th & 6th St.) $20 L
212-255-0018 m

Chelsea **Yakiniku Futago**
37 W 17th St (bet. 5th & 6th Ave) $29
212-620-0925

Gramercy

Gramercy **Choshi***
77 Irving Place (at 19th St.) $20 L
212-420-1419

Gramercy **Mishuma***
154 Lexington Ave (bet. 30th & 31st St.) $25 L
212 532 9506

Gramercy **Momokewa**
157 E 28th St (bet. 3rd & Lexington Ave) $25
212-684-7630

Gramercy **Tsuru Ton Tan**
21 E. 16th St. (bet. Broadway & 5th Ave) $30 L
212 989-1000

West Village

West Village **GO! GO! CURRY!***

With th e otto Everything for your gonk v gor 5th 15th 25th are Go Go! Day Order any k nd of Curry and you can rece ve one free topping coupon Vegetable Curry is now av ilable at the Washington Square Park Stad um location They offer free del very
231 Thompson St (bet W 3rd & Bleecker St) $8.5
212-505-2555 www.gogocurryusa-ny.com

West Village **Cho Cho See***
15 W 8th St (bet 5th & 6th Ave) $25 M
212-473-3333

West Village **Dojo Restaurant***
14 West 4th St. (at Mercer St.) $25 L
212-505-8343

West Village **EN Japanese Brasserie**
435 Hudson St. (at Leroy St.) $40 L
212-647 9190

West Village **Hakata Tontoa***
61 Grove St (bet 7th Ave & Bleecker St.) $25
212-242-3698

West Village **MEW MEN**
7 Corneke St (bet. W 4th & Bleeker St) $18 M L
212-727 1050

West Village **Mikado***
525 6th Ave (bet. 13th & 14th St.) $20 L
212-255-3981

West Village **Mi-Na Sushi Totoya**
496 6th Ave (bet 12th & 13th St) $25 L
917-675-8342

West Village **Ramaa Takumi***
1 University Pl (bet. University Pl & Waverly Pl) $13 L
212 229-2752

West Village **Ramaa-Ya West 3rd**
133 W 3rd St. (bet. Macdougal & 6th Ave) $15 L
212 254-2828

West Village **Ramaa-Ya West 4th**
161 W 4th St (bet. 6th & 7th Ave) $15 L
212-595-5440

West Village **Rockmaisha***
11 Barrow St. (bet 4th & Bleecker St) $35
212-675-7775

West Village **SAIKAI Omag Bar**
24 Greenw ch Ave (bet Charles & W 10th Sts.) $30 L
646-638-5693

West Village **Sousa Restaurant***
28 E 13th St (bet. Un versity PL & 5th Ave.) $20 L
212-627-7150

West Village **Sushi Mambo**
255 Bleecker St. (bet Leroy & Commerce St.) $18 L
212-675-5865

West Village **Sushi Yawa**
25 W 8th St. (bet. 5th & 6th Ave) $30 L
212-253-3668

West Village **Tomaa Sushi**
172 Thompson St (bet.Houston & Bleecker St.) $40 L
212 777 8048

West Village **Umami Shoppa***
513 6th Ave (bet 13th & 14th St.) $15 L
212 229-9951

East Village

East Village — Cha-An

Serving a wide variety of tea from China, Japan and Indonesia as well as sing-ular sweets created by our pastry chef. The Daily Special Set for lunch or dinner goes well with tea or sake. Traditional tea ceremony in Se ka-do (tatami tea room) is available by reservation.

230 E. 9th St. 2Fl. (bet. 2nd & 3rd Ave.) $20
212-228-8030 www.chaantsahouse.com

East Village — Curry-Ya

Your hunger will undoubtedly be satisfied at Curry-Ya. Gourmet Japanese curry boasts amazingly rich and complex flavors, and its upmarket interior and atmosphere makes anyone feel comfortable dining alone or with friends. Lunch Set available from noon to 4 pm.

214 E. 10th St. (bet. 1st & 2nd Ave.) $20
855-892-7775 www.nycurry-ya.com

East Village — Otufuku x Medetai*

Otufuku x Medetai specializes in popular Japanese comfort food Takoyaki (octopus balls) and Okonomi yaki (pancakes) as well as Medeta (Tai yaki and Yaki soba). Our food will make you feel like you are in downtown Tokyo.

220 E. 9th St. (bet. 2nd & 3rd Ave.) $7
646-398-5436

East Village — Rai Rai Ken*

Have you ever seen the movie Tampopo – a Japanese cult movie about serving ramen noodle soup? Rai Rai Ken lets you experience the real Tokyo ramen without MSG. Don't forget our homemade gyoza too. They guarantee the most delightful experience!

218 E. 10th St. (bet. 1st & 2nd Ave.) $15
212-477-7030

* Chopsticks NY available to pick up

East Village — Rice Burger Yonekichi

Rice burgers have arrived in the East Village. The "buns" are rice patties that are 100% additive-free and grilled to order with just a slight brush of soy sauce. Enjoy the simple taste of rice while savoring our umami-loaded fillings.

238A E. 9th St. (bet. 2nd & 3rd Ave.) $14
646-669-9795 www.yonekichi-ny.com

East Village — Suhayu*

Making soba by hand daily from high quality buckwheat flour imported from Japan. All natural ingredients make soba a healthy meal. Try Lunch Box with soba, dumplings, and dessert. Daily special appetizers and sake selection available for dinner.

229 E. 9th St. (bet. 2nd & 3rd Ave.) $20
212-533-9989 www.sobaya-nyc.com

East Village — Umuuma

Ummuma is a Japanese comfort food restaurant in East Village with a fine selection of sake and over 50 kinds of shochu. All authentic Japanese homestyle dishes are prepared by the owner/chef. Try Goto Udon (udon noodles from Goto Islands of Japan).

#5 E. 3rd St. (bet. 1st & 2nd Ave.) $20
646-854-1122 www.downtownumuma.com

East Village — Berou Berou

184 1st Ave. (at 10th St.) $30
212-477-1005

East Village — Bassou

5 Bleecker St. (bet. Elizabeth & Bowery St.) $40
212-228-8502

East Village — Cho-Ku Restaurant

58 1st Ave. (bet. 3rd & 4th Sts.) $10
212-388-0885

East Village — East Noodle

119 2nd Ave. (at 7th St.) $18
212-432-4285

East Village — Gyu-Kaku*

34 Cooper Sq. (bet. 4th St. and Astor Pl.) $40
212-475-2098

East Village — Hakata Hot Pot

38 St. Marks Pl. (bet. 1st & 2nd Ave.) $30
212-533-7711

East Village — Hasaki*

210 E. 9th St. (bet. 2nd & 3rd Ave.) $40
212-473-3327

East Village — Hi-Collar

214 E. 10th St. (bet. 1st & 2nd Ave.) $20
212-777-7018

East Village — Ikuun Steak

90 E. 10th St. (bet. 3rd & 4th Ave.) $20
917-388-3548

East Village — IPPUDO NY

65 4th Ave. (bet. 9th & 10th St.) $29
212-388-0088

East Village — IRON Sushi*

212 10th St. (bet. 1st & 2nd Ave.) $25
212-228-0102

East Village — Izakaya

325 East 9th St. (bet. 1st & 2nd Ave.) $40
917-457-1284

East Village — Japonicu

100 University Pl. (at 12th St.) $40
212-243-7752

East Village — JEWEL BAKO

239 E. 5th St. (bet. 2nd Ave. & Cooper Sq.) $45
212-979-1012

East Village — JEWEL BAKO

239 E. 5th St. (bet. 2nd Ave. & Cooper Sq.) $45
212-979-1012

East Village — Kanhi Ramen House*

351 E. 14th St. (bet. 1st & 2nd Ave.) $15
212-228-1368

East Village — Kenku*

25 St. Marks Pl. (bet. 2nd & 3rd Ave.) $25
212-254-8363

East Village — Kyo Yu

94 E. 7th St. (bet. Ave. A & 1st Ave.) $42
212-382-4140

East Village — May's Place Sushi

121 2nd Ave. (bet. 7th & St. Marks Pl.) $15
212-533-8448

East Village — MINCA

536 E. 5th St. (bet. Ave. A & B) $10
212-505-7001

East Village — OH! Taisho*

3 St. Marks Pl. (bet. 2nd & 3rd Ave.) $20
212-673-1300

East Village — Ootoya Greenwich Village

41 E. 11th St. (at University Pl.) $20
212-473-4300

East Village — Rameu Misoyu New York

129 2nd Ave. (bet. 7th St. & St. Marks Pl.) $10
212-677-4925

East Village — Raman Sataguya *

34A St. Marks Pl. (bet. 2nd & 3rd Ave.) $13
212-387-7959

East Village — Robatayu NY

231 E. 9th St. (bet. 2nd & Stuyvesant St.) $50
212-475-0674

East Village — Sake Bar Ducebul

240 E. 9th St. (bet. 2nd & 3rd Ave.) $40
212-979-2733

East Village — Sake Bar Satsko

202 E. 7th St. (bet. Ave. B & C) $25
212-614-0933

East Village — SAKI

58 3rd Ave. (bet. 10th & 11th St.) $25
212-353-5088

East Village — Shubu-Tatsu*

216 E. 10th St. (bet. 1st & 2nd Ave.) $30
212-477-2372

East Village — Sobakah*

309 E. 5th St. (bet. 1st & 2nd Ave.) $15
212-254-2244

East Village — Soueu East Village*

326 E. 6th St. (bet. 1st & 2nd Ave.) $15
212-388-1155

East Village — Sushi Ooyo

110 1st Ave. (bet. 7th & 8th St.) $31
646-692-8052

East Village — Tokuhuchi East Village

95 Ave. A (at 6th St.) $25
212-505-9524

East Village **Udon West***
11 St. Marks Pl (bet. 2nd & 3rd Ave.) $20 L

East Village **Uogeshi**
158 1st Ave (bet. 11th & 12th St.) $30 M L
212-253-0626

East Village **Village Yokocho**
8 Stuyvesant St 2Fl (bet. 9th St. & 3rd Ave.) $20
212-505-3041

East Village **Wasao**
10½ E. 4th St. (bet. 1st & 2nd Ave.) $35
212 777 1978

East Village **Yakiniku West***
21½ E. 8th St. (bet. 2nd & 3rd Ave.) $25
212-979-8228

East Village **Yakitori Taisho***
5 St. Marks Pl (bet. 2nd & 3rd Ave.) $20
212-228-5086

East Village **Yoshi Sushi***
131 Ave. A (bet. St. Marks Pl & 9th St.) $25 L
212-420-5908

East Village **Zen 6***
328 E. 6th St. (bet. 1st & 2nd Ave.) $15 L
646-428-8471

East Village **Zen 6***
31 St. Marks Pl (bet. 2nd & 3rd Ave.) $12 L
212-533-8455

East Village **ZUNOO-YA**
64 E. 10th St (bet. 3rd & 4th Ave.) $20 L
917-639-3545

Lower Manhattan

Lower Mhn **GO! GO! CURRY!***

World Trade Center Stadium is their 3rd location after Times Square and Wash-ington Square Park Stadium. On the 5th, 15th and 25th of each month get free topping coupons on purchase for GO GO DAY. Check the website for special promo.

12 John St. (bet. Broadway & Nassau St.) $8 5
212-406-5555 www.gogocurryusa-ny.com

Lower Mhn **Kuu Ramen**

Chef Taka, from Sapporo meticulously crafts his chicken broth by simmering it for over 8 hours. Inspiring curious ingredients to give it a depth of flavor. Delivers available so a hot bowl of authentic ramen is only a phone call away. Enjoy it at home and off ice.

20 John St. (bet. Broadway & Nassau St.) $15 L
212-571-7177 www.kuuramen.com

Lower Mhn **Ajisai Ramen***
14 Mott St. (bet. Worth & Bayard St.) $16 L
212 267 9580

Lower Mhn **Azase**
49 Clinton St.(bet. Stanton & Rivington St.) $30 M
212 777 7065

Lower Mhn **Bento Sushi***
32 Broadway (at Morris St.) $8 Su
212-747-0984

Lower Mhn **Cube 63**
63 Clinton St. (bet. Rivington & Stanton St.) $21 Su
212-228-8751

Lower Mhn **Gee Romen**
112 Eldridge St. (bet. Broome & Grand St.) $15
212 966-9698

Lower Mhn **Japanese Curry Goemon**
29 Kenmare St (bet. Elizabeth & Mott St.) $15 M L
212-226-1262

Lower Mhn **Kajoe**
21 South End Ave (at W. Thames St.) $38
212 786-5888

Lower Mhn **KOMEWAZA**
40 Water St. (at Counties Slip) $17 Su
646-308-1727

Lower Mhn **Mottsu**
285 Mott St. (bet. Prince & Houston St.) $25 Su
212-343-0017

Lower Mhn **NY Sushi Ko**
91 Clinton St. (bet. Rivington & Delancey St.) $61 Su
917 734-5857

Lower Mhn **Quickly Shoko Shoko**
237B Grand St. (bet. Chrystie St. and Bowery) $13 L
212-431-0990

Lower Mhn **Rabbit House**
76 Forsyth St. (bet. Canal & Hester St.) $20 L
212-343-4200

Lower Mhn **Soy**
102 Suffolk St. (bet. Delancey & Rivington St.) $14 W Su
212-253-1158

Lower Mhn **Sushein**
325 Broadway (bet. Worth & Duane St.) $26 F Su
212 362 2500

Lower Mhn **SUteiShi**
24 Peck Slip (bet. Front & Water St.) $30 L
212-766-2344

Lower Mhn **Yakitori Tora**
72 Kenmare St. (bet. Mulberry & Mott St.) $35 M
212-966-1100

Lower Mhn **Yopperai**
151 Rivington St. (bet. Suffolk & Clinton St.) $40 Su
212 777 7753

Tribeca

Tribeca **Azabo**
428 Greenwich (bet. Laight & Vestry St.) $25 L
212 274-0428

Tribeca **B Flat**
277 Church St (bet. White & Franklin St.) $25 Su
212-219-2870

Tribeca **NINJA***
25 Hudson St. (bet. Reade & Duane St.) $35
212-274-0500

Tribeca **NOBU**
105 Hudson St. (at Franklin St.) $100 L
212-219-0500

Tribeca **NOBU NEXT DOOR**
105 Hudson St. (bet. Franklin & N. Moore St.) $75
212 334-4445

Tribeca **Rosanjin**
141 Duane St. (bet. Church St. & W. Broadway) $80 Su
212-346-0064

Tribeca **Shigure***
277 Church St (bet. White & Franklin St.) $25
212-995-0900

Tribeca **Sushi Azabu**
428 Greenwich (bet. Laight & Vestry St.) $50
212-274-0428

Tribeca **Tokeshi Tribeca***
145 Duane St. (bet. Church & W. Broadway) $35 L
212 571-1030

Tribeca **Zutto***
77 Hudson St. (bet. Jay & Harrison St.) $40 L
212 233-3287

Soho

Soho **Blue Ribbon Sushi**
119 Sullivan St. (bet. Spring & Prince St.) $51 L
212 343-0404

Soho **Hirohisa**
73 Thompson St. (bet. Broome & Spring St.) $85 Su L
212 925-1613

Soho **Souen Soho***
210 6th Ave. (at Prince St.) $20 L
212 807 7421

* Chopsticks NY available to pick up

Brooklyn

Brooklyn **Samurai Pepe**

The signature dish at Samurai Pepe is their Buttcake Pork Belly Ramen. Rich milky soup base created from pork belly. First try it as is, then gradually add bento to-ban for a total flavor. Their selection of side dishes and sake are equally large and they are also open for lunch.

32 Veret St. (bet. Graham & Manhattan Ave.) $26 L
718-599-7171

Brooklyn **1 or 8***
68 S. 2nd St (bet. Wythe & Kent Ave.) $32
718-384-2152

Brooklyn **Ani Sushi***
142 Montague St. (bet. Clinton & Henry St.) $15
718-523-1600

Brooklyn **Bozu**
296 Grand St (bet. Havemeyer & Rodney St.) $30
718-384-7770

Brooklyn **Fushimi Japanese Cuisine**
6316 4th Ave (bet. 63rd & 64th St.) $40
718-833-7788

Brooklyn **Gansu**
25 Bond St (at Livingston St.) $11
718-403-0500

Brooklyn **Geido***
331 Flatbush Ave (bet. Park & Prospect Pl.) $25
718-230-1998

Brooklyn **Hibino Japanese Restaurant**
333 Henry St. (at Pacific St.) $35
718-292-5180

Brooklyn **ICHIRAN NY Brooklyn**
374 Johnson Ave. (bet. Bogart St. & Morgan Ave.) $25
718-381-0431

Brooklyn **Iron Chef House**
92 Clark St (bet. Monroe Pl. & Henry St.) $15
718-858-8517

Brooklyn **IZAKAYA un SMITH**
175 Smith St. (bet. Wyckoff & Warren St.) $20
718-855-2277

Brooklyn **Ki Sushi**
122 Smith St. (bet. Dean & Pacific St.) $30
718-935-0575

Brooklyn **KOGANE RAMEN**
76 Henry St. (bet. Pineapple & Orange St.) $20
718-875-2828

Brooklyn **Mizu**
162 Bedford Ave. (bet. 6th St & 7th St.) $20
718-782-8886

Brooklyn **Nuruto Ramen**
276 5th Ave (bet. 1st & Garfield St.) $12
718-832-1111

Brooklyn **Okiway**
1006 Flushing Ave (Wilson Ave & Noll St.) $30
718-417-1061

Brooklyn **Osaku**
272 Court St (bet. Degraw & Kane St.) $30
718-643-0044

Brooklyn **Oshima Restaurant**
71 7th Ave (bet. Berkeley & Lincoln Pl.) $25
718-783-1688

Brooklyn **OZU**
78 Clark St (bet. Hicks & Henry St.) $20
718-797-3288

Brooklyn **Ramen Setagaya***
240 Bedford Ave (bet. Grand St and N 1st St.) $15
718-218-8508

Brooklyn **Sukura 6**
837 Manhattan Ave (bet. Calyer & Noble St.) $10
718-349-7988

Brooklyn **SALT + CHARCOAL**
171 Grand St (at Bedford Ave.) $30
718-782-2087

Brooklyn **Samurai Mumu**
205 Grand St (bet. Bedford & Driggs Ave.) $20
718-599-6161

Brooklyn **Samurai Papa BS**
584 Lafayette Ave (bet. Nostrand & Marcy Ave.) $18
718-398-3181

Brooklyn **Sapporo Hura Japanese**
622 Manhattan Ave (bet. Driggs & Nassau Ave.) $16
718-389-8721

Brooklyn **Sushi Katsuei**
210 7th Ave (at 3rd St.) $35
718-788-5308

Brooklyn **Tanzun**
7116 18th Ave (at 71st St.) $30
718-621-8238

Brooklyn **WASAN**
440 Bergen St (bet. 5th & Flatbush Ave.) $40
347-725-3550

Brooklyn **Zenkichi***
77 N. 6th St (bet. Berry St. & Wythe Ave.) $60
718-388-1986

Queens

Queens **Aji Japanese Cuisine**
36-06 Ditmars Blvd Astoria, NY 11105 $20
718-777-5888

Queens **Ajisen Ramen***
39-10 138th St. 1st Fl Flushing NY 11354 $16
718-395-8118

Queens **ARIYOSHI***
41-13 Queens Blvd Sunnyside NY 11104 $18
718-937-3260

Queens **Bistro 33**
19-33 Ditmars Blvd Astoria, NY 11105 $20
718-721-1933

Queens **Ginpuchi***
39-41 Francis Lewis Blvd Bayside NY 11361 $30
718-539-3531

Queens **gowasabi***
34-02 30th Ave. Astoria NY 11103 $23
718-204-7354

Queens **Hushi Ramen & Izakaya***
162-12 Northern Blvd Flushing NY 11358 $12
718-224-2961

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Queens **Tendo Sushi**
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Queens **Udon West**
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Long Island	Tongo	196 Jericho Tpk Floral Park, NY 11001 516-352-1116	$20
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Westchester	Gyu-Kaku*	169 Main St White Plains, NY 10601 914-358-5208	$40 L
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Westchester	Momiji*	261 Halstead Ave Harrison, NY 10528 914-835-1078	$25 Tu
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Westchester	Sazen Restaurant*	729 Saw Mill River Rd Ardsley, NY 10502 914-674-6015	$23

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New Jersey	Daimatsu	960 Mountain Ave Mountainside, NJ 07092 908-233-7666	$25 M
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Midtown West — **Cafe Zinya Midtown W.** — Bakery
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Midtown East — **Cafe Zinya Midtown E.** — Bakery
18 E. 41 St. (bet. Madison & 5th Ave.)
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Midtown East — **IPPOOO TEA** — Japanese tea
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West Village — **Kulu Desserts** — Desserts
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East Village — **Cafe Zinya East Village** — Bakery
69 Cooper Sq. (bet. 7th St. & St. Marks Pl.)
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East Village — **Chikalicious** — Dessert Bar
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212-475-0325

East Village — **PANYA** — Bakery
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123 William St. (bet. Fulton & John St.)
212-608-6850

Lower Mhn — **Yaya Ten Garden** — Rice Balls
51 Chrystie St. (bet. Hester & Canal St.)
212 226-9003

Lower Mhn — **Yaya Ten Garden** — Rice Balls
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212 329-2382

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718-680-2815

Brooklyn — **Yaya Ten Garden** — Cafe
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718-333-3252

Queens — **Kulu Desserts** — Desserts
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Queens — **Kulu Desserts** — Desserts
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KARAOKE

East Village — **Sing Sing (Ave A)*** — $4-6/h per person

Among the newest and trendiest Karaoke clubs in Avenue A, Sing Sing offers a bar lounge and 15 private rooms for karaoke. The low-key spot for celebrities. Large party rooms are available for up to 30 people.
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Conveniently located on St. Marks Street in the heart of the East Village, Sing Sing is a Karaoke lounge with 15 Private Rooms. This brand new lounge is a great spot for young adults who love to sing. OPEN 7 DAYS. Party@karaokesingsing.com
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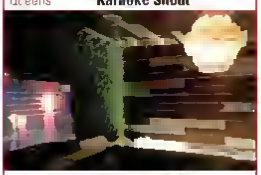
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212 327-3043

Midtown West — **Yuki 55*** — $6/h /person
253 W. 55th St. (bet. Broadway & 8th Ave.)
212 765-1210

Midtown East — **Box Snack Riki** — $6/h /person
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212-986-5612

Midtown East — **Jinpas 38** — $6/h /person
38 E. 38th St. (bet. Madison & 5th Ave.)
212 679-4040

Midtown East — **Karaoke Onet 48*** — $4/h /person
304 E. 48th St. (bet. 1st & 2nd Ave.)
212 753-0030

Koreatown — **Karaoke Onut 35*** — $4/h /person
53 W. 35th St. 2 Fl (bet. 5th & 6th Ave.)
646-473-0828

Koreatown — **Maru Karaoke Lounge** — $40- /room
11 W 32nd St. (bet. W 32nd & 33rd St.)
212 273-3413

Chelsea — **Karaoke One 7** — $2/song $6/person
29 W 17th St. (bet. 5th & 6th Ave.)
212-675-3527

Summer Home Cooking Special

P.26 **12 Easy Recipes You Can Try Right Away**

P.30 **Mixology Lab**

Victor Octavianus of Honshu Lounge shares a summery cocktail recipe, *Ginger Cosmo*, made by using *Okunomatsu Sake* 24%

P.31 **WA Cooking**

Goya (bitter melon) is a great source of health-promoting phytochemical compounds, and Goya Salad is an absolute energy-boosting dish for hot days.

P.39 **MONO-Logue**

MARNA's Otoshibuta is a modern, cute and functional invention, a substitute for a traditional wooden lid used for simmering

Listing

Grocery Stores
Shops

Chocolate Almond Pannacotta with TAKARA Mirin

[Ingredients]
(Serves 6)
❑ 2 tbsp filtered water ❑ 1 ½ tsp gelatin powder
❑ 1 ½ cup heavy cream ❑ ¼ cup maple syrup
❑ ½ cup TAKARA Mirin ❑ ¼ tsp sea salt
❑ 7 oz bittersweet chocolate, shaved thinly
❑ 1 cup unsweetened almond milk

[Directions]
1. Sprinkle gelatin over the top of the filtered water and stir in gently until dissolved. Let stand for 10 minutes until softened.
2. Combine heavy cream, maple syrup, TAKARA Mirin and sea salt in a heavy, small sauce pan. Stir over medium low heat until the cream begins to scald.
3. Reduce heat to low and add gelatin, stirring until it dissolves.
4. Then, stir in chocolate and keep stirring over low heat until chocolate is completely melted.
5. Stir in almond milk and continue heating for another 5 minutes over low heat until mixture is smooth and glossy.
6. Remove from heat and cool until warm. Transfer hot liquid to a heat proof pitcher, and pour into ramekins or jelly jars and cover with plastic wrap. Allow to set in the refrigerator for up to 4 hours.

*This recipe was created for Takara Sake USA Inc. by Chef Lizette and Geoffrey Mara.

Print You can top with your original summer berry salad (Mix berries with reduced TAKARA Mirin and fresh squeezed orange juice and lime juice.)

TAKARA Mirin
Mirin is one of the most common ingredients used in Japanese cooking. TAKARA Mirin alcohol level 12% is a sweet cooking sake that brings many delectable flavors to a variety of foods. Mirin's all natural amino acids enhance the flavor and richness of your favorite recipes. The alcohol in mirin makes it easier for ingredients to absorb flavors. It also prevents boiled foods from disintegrating and gets rid of unpleasant odors common in meats and fish.

www.takarasake.com

Japanese Style Edamame & Corn Rice

[Ingredients]
(Serves 4)
❑ 2 cups uncooked white rice
❑ ½ cup frozen corn
❑ ½ cup frozen edamame
❑ ½ tbsp soy sauce
❑ ½ tbsp butter
❑ 1 tsp Hondashi bonito seasoning

[Directions]
1. Rinse rice and drain.
2. Put the rice in a rice cooker and add water up to the 2-cup mark.
3. Mix in soy sauce and Hondashi. Add in corn and mix well before cooking.
4. Defrost edamame and bring it to room temperature.
5. When the rice is done, add the edamame and butter, and mix in well to finish.

Print You can add a Western flavor by adding a few dashes of black pepper. Top it with shredded ginger to enhance the Japanese taste. Try using brown rice and mochigome (sticky rice) for a different texture. You can even make a colorful onigiri (rice ball) with the rice!

HONDASHI®
HONDASHI® is the flagship product at Ajinomoto. Translated as "real broth", HONDASHI® is made from the highest quality dried bonito and other fine ingredients. HONDASHI® has a mild yet savory flavor that blends well with a variety of ingredients. HONDASHI® is popular with Japanese cooks for almost every dish they make, from miso soup to tempura sauce. Try adding a small amount of HONDASHI® and it will make a world of difference.

www.hondashi.info

Mango Beet Tofu Pop

[Ingredients]
(Makes 6-8 popsicles)
❑ 1/2 package House Foods Organic Tofu Soft
❑ 1 mango, cut into small chunks
❑ 1 cup precooked beets
❑ 1 banana
❑ 1/4 cup super fine sugar

[Directions]
1. Add all ingredients to a blender.
2. Blend until smooth.
3. Pour ingredients into popsicle mold.
4. Use plastic wraps to make popsicle sticks stay upright by wrapping wrap over mold and stick popsicle sticks in each slot.
5. Freeze at least 4 hours to overnight.

Print Using tofu adds thickness and creaminess when blended with other mixtures. Tofu can be blended into smoothies or used to replace egg or dairy products in desserts and baked goods.

Organic Soft Tofu
Made from 100% U.S. grown, non-GMO soybeans, House Foods Organic Soft Tofu has a smooth and delicate body with a mild, milky flavor. It can be a great neutral base for a sweet element, and it also works well in savory dishes.

www.house-foods.com

Milanesas De Pollo (Argentinian Chicken Cutlets)

[Ingredients]
(Serves 2)
❑ 1 skinless, boneless chicken breast (about ½ lb)
❑ 1 egg
❑ 1 tbsp Gluten-Free Tamari Soy Sauce
❑ 1 tsp dried parsley
❑ ½ tsp garlic powder
❑ Vegetable oil for frying
❑ Gluten-Free Sweet Chili Sauce to taste
❑ Gluten-Free Panko

[Directions]
1. Lay the chicken breast on cutting board and cut it into 1/4" thickness.
2. Beat egg and add dried parsley, garlic powder and Gluten-Free Tamari Soy Sauce. Mix well.
3. Dip chicken in the egg mixture and coat well.
4. Grind Gluten-Free Panko in a food processor.
5. Heat a saute/frying pan with vegetable oil just enough to cover the chicken. You don't have to fill it as much as deep frying.
6. Coat chicken breast with the egg mixture and then dust with Gluten-Free Panko.
7. Fry each side until panko browns and gets crispy.
8. Serve it with Gluten-Free Sweet Chili Sauce on the side.

Point Ground Gluten-Free Panko makes the entiet crispier and less oily. Recommended to eat hot, bnt the crispy texture remains even when it s cooled down

Gluten-Free Tamari Soy Sauce
Kikkoman Gluten-Free Tamari Soy Sauce is a premium tamari soy sauce with the same rich, savory taste and flavor you've come to expect from Kikkoman Soy Sauce. Free from gluten, alcohol, MSG and preservatives. Kikkoman Gluten-Free Tamari Soy Sauce is traditionally brewed from four simple ingredients—water, soybeans, salt and sugar. It is Non GMO Project Verified and is certified gluten-free by the Gluten Intolerance Group (GIG).

www.kikkomanusa.com

Seafood Pasta with Shrimp Gyoza

[Ingredients] (Serves 2)
❑ 6-8 mussels, washed ❑ 6-8 clams, washed
❑ 6-8 deveined and peeled shrimps ❑ 1/4 cup finely chopped parsley ❑ 2 cloves garlic, finely chopped
❑ 1 1/2 cup canned crushed tomato ❑ 8-10 Day-Lee Pride Shrimp Gyoza ❑ 3 fillets salted and canned anchovies, finely chopped ❑ 4 tbsp extra virgin olive oil ❑ 4-5 oz linguini pasta ❑ 1/4 cup white wine
❑ 2 cloves garlic, finely chopped ❑ Salt and black pepper to taste

[Directions]
1. Pan fry Day-Lee Pride Shrimp Gyoza according to the instructions on the back of the bag. Put them aside. **2.** In a pan, put olive oil, chopped anchovies and garlic. Turn on the heat to medium and let the garlic cook. **3.** When the garlic starts to sizzle, add canned tomato, pinch of salt and some ground pepper, clams and mussels. Add wine and cover with a lid until all the clams and mussels open. **4.** Add shrimp and cook until shrimp turn pink. **5.** Add chopped parsley and turn off the heat. **6.** Cook linguini 3 minutes less than suggested cooking time in a big pot of boiling water. **7.** Add cooked linguini to the seafood in tomato sauce. Add 4 tablespoons of pasta cooking water to the sauce as well. **8.** Bring the sauce with pasta to a boil and let it simmer for two minutes. Turn off the heat and taste. If needed, add salt. **9.** Put linguini and seafood in serving plates and top with freshly ground pepper. Feel free to sprinkle with additional chopped parsley.

Point You can use other seafood such as scallops, sqnid, salmon, etc. Yon can add some chili flakes when cooking garlic for some heat.

Day-Lee Pride Shrimp Gyoza (Potstickers)
Day-Lee Pride Shrimp Gyoza is Japanese style potstickers featuring flavorful shrimp with cabbage, onions and spices. It contains a higher percentage of protein in the filling than other brands. It's fully cooked before frozen, so you just heat it with a variety of available methods of your choice, either pan-fry, deep fry, steam, boil or microwave to serve. Or you can just add into soup to make scrumptious soup dumplings. Since there's no MSG added, it is a healthier option for kids and families.

www.dayleepride.com

Shredded Chicken and Mint Summer Roll

[Ingredients] (Serves 2)
❑ 1 chicken breast ❑ 18-24 mint leaves ❑ 1/2 cup thinly sliced red onion ❑ 3-4 Persian or mini cucumbers ❑ 3-4 slices ginger ❑ 1-2 cloves garlic ❑ 2 tbsp salt ❑ 1/2 cup sake ❑ 6 sheets round rice paper wrappers (8 1/2-inch diameter) ❑ 3 tbsp Kikkomen Hoisin Sauce ❑ 3 tbsp Kikkomen Sweet Chili Sauce

[Directions]
1. Coat chicken breast with 1 tablespoon of salt and let it sit for 15 minutes. **2.** Put ginger slices and smashed garlic cloves in 3 cups of water and bring it to a boil. **3.** Add sake and 1 tablespoon of salt. **4.** Put chicken breast in the seasoned boiling water and turn the heat down to medium. **5.** Poach chicken breast for 20 minutes. **6.** Let chicken breast cool down in the poaching liquid. **7.** When completely cooled, take out the chicken and shred with hands. **8.** Julienne cucumbers. **9.** Place a clean damp kitchen towel on a work surface. **10.** Fill shallow dish with water, and submerge the wrappers one at a time for about 10 seconds. **11.** Place on the damp towel and put 3-4 mint leaves, shredded chicken breast and red onion slices in the center. **12.** Fold the bottom half of the rice paper wrapper over the filling. Then fold both sides in and finish by tightly rolling the entire wrapper up. **13.** Serve with hoisin sauce and sweet chili sauce as dipping sauce.

Point You can substitute chicken breast with poached shrimp, grilled tofu and other ingredients of yonr choice.

Gluten-Free Sweet Chili Sauce
Kikkoman Gluten-Free Sweet Chili Sauce is an authentic Asian sauce without gluten. It's tantalizingly sweet and spicy with bits of garlic. It captures a subtle Thai flavor with a mild chili kick. This versatile sauce adds sweetness while balanced with savory to liven any dish. Use it right from the bottle as a dip, glaze, or just simply as a sauce.

www.kikkomanusa.com

Southeast Asian Salad with Yaki Gyoza

[Ingredients]
(Serves 4)
❑ 12 piece Ajinomoto Gyoza dumplings
❑ Your favorite salad mix
❑ 1/2 package enoki mushrooms
❑ 1 cucumber ❑ 1 tomato ❑ 2 tsp grated ginger

(For dressing)
❑ 1 tbsp Hondashi bonito seasoning
❑ 1 lime ❑ 1 1/2 tbsp sesame oil
❑ Sugar to taste

[Directions]
1. Place gyoza dumplings in a non-stick pan. Add 2 oz water (no oil needed)
2. Cover with lid and cook for approximately 5 minutes
3. Remove lid and cook until bottom is golden brown.
4. Shred cucumber and grate ginger. Cut tomato into 1/2 inch cubes and cut the stems off of enoki mushrooms and break into pieces
5. Mix Hondashi, squeezed lime juice, sesame oil and sugar well to make dressing
6. Toss all vegetables together with dressing. Arrange gyoza dumplings on top and serve

Point When cooking gyoza dumplings, the crispier the better. The nutty flavor of the burnt gyoza skin and its crunchy texture add a kick to the salad. Adjust the amount of lime juice and sesame oil to your taste.

Ajinomoto Gyoza Dumplings
Ajinomoto Frozen Gyoza series allows you to cook crispy and juicy gyoza dumplings without using oil. The simple preparation makes it enjoyable to make gyoza at home. It can be a perfect appetizer, ideal for bento and great for home parties. The series comes in five flavors: Pork and Chicken, Seafood, Beef, Chicken, and Vegetable.

www.ajifrozenusa.com

Taco Rice

[Ingredients]
(Serves 2)
❑ ½ onion ❑ 1 clove garlic ❑ ½ lb ground meat (beef and pork) ❑ Salt and pepper to taste
❑ 1 tbsp Gluten-Free Tamari Soy Sauce
❑ 2 tbsp 50% Less Sodium Gluten-Free Teriyaki Marinade & Sauce ❑ 2 tbsp tomato ketchup
❑ 1 tsp cumin powder ❑ 1 tbsp vegetable oil
❑ 2 leaves lettuce ❑ 4 grape tomatoes or ½ tomato, diced ❑ ½ avocado, sliced or diced ❑ Grated cheese to your taste ❑ 2 cups cooked rice

[Directions]
1. Saute garlic with vegetable oil until it releases an aroma
2. Add onion and saute until it's cooked through.
3. Add minced meat and salt, pepper, and cumin powder
4. Once the meat is cooked through, add Gluten-Free Tamari Soy Sauce, Kikkoman 50% Less Sodium Gluten-Free Teriyaki Marinade & Sauce and tomato ketchup. Keep stir frying until all the sauces incorporate well
5. Arrange cooked rice on a plate, and top with lettuce, meat sauce, cheese, tomato, and avocado.

Point You can add chili powder to the meat sance to add a kick. Gluten-Free Tamari Soy Sance nicely masks the smell of beef and pork, and Gluten Free Teriyaki Sance makes it more flavorful.

50% Less Sodium Gluten-Free Teriyaki Marinade & Sauce
Kikkoman 50% Less Sodium Gluten-Free Teriyaki Marinade & Sauce is a premium teriyaki sauce that contains 50% less sodium than Kikkoman Gluten-Free Teriyaki Marinade & Sauce while maintaining the same rich, savory flavor and taste. Made using traditionally brewed soy sauce with four simple ingredients – water, soybeans, salt and sugar, it is certified gluten-free by the Gluten Intolerance Group (GIG).

www.kikkomanusa.com

Tacos with Slow Cooked Hoisin Sauce Chicken

[Ingredients]
(Serves 4)
❑ 1 lb chicken breast
❑ ½ cup Gluten-Free Hoisin Sauce
❑ 2 tbsp Rice Vinegar
❑ ½ cup water or sake
❑ 8 taco shells (corn tortillas)
Toppings: Avocado, cilantro, jalapeno, tomato, salsa sauce, cheese, etc.

[Directions]
1. Put chicken breast, Gluten-Free Hoisin Sauce and Rice Vinegar in slow cooker and set to High. Cook for 2-3 hours
2. Once chicken is cooked through, remove the chicken and shred apart using forks.
3. Place the chicken back in the crock pot to dress with sauce in the cooker.
4. Quickly heat taco shell over a direct fire on a stove
5. To assemble, put your choice of ingredients on top of the taco shell and fold

Other topping combinations ideas
Hoisin Sauce Chicken, lettuce, corn, and cheese
Hoisin Sauce Chicken, cilantro, lime, and jalapeño
Hoisin Sauce Chicken, tomato, onion, and cheese

Point If you don't have a slow cooker, cook it in a pot at low heat. By adding rice vinegar, you can reduce the amount of sodium you need to use. Also, rice vinegar can kill the greasiness.

Gluten-Free Hoisin Sauce
Gluten-Free Hoisin Sauce is a versatile, complex sauce with the perfect balance of sweet, sour and savory. It features subtle hints of Chinese five spice with a fruity punch. It is an elegant Asian barbeque sauce that is so bold yet versatile. When used as a marinade on meat, nothing quite compares.

www.kikkomanusa.com

Tofu Tomato and Herb Skewers

[Ingredients]
(Makes 10 skewers)
❑ 1 package House Foods Organic Tofu Extra Firm, drained and pressed ❑ 20 cherry tomatoes
❑ 10 bamboo skewers

Sauce
❑ 1 clove garlic ❑ ½ large shallot ❑ ½ bundle Italian parsley ❑ ½ bundle cilantro ❑ 1 tbsp red wine vinegar ❑ ½ tbsp Kosher salt ❑ ½ tsp freshly ground black pepper ❑ ¼ tsp red pepper flakes
❑ 1½ tbsp extra virgin olive oil

[Directions]
1. To make sauce, add garlic and shallot to the bowl of a food processor and pulse a couple of times **2.** Add parsley and cilantro and pulse a few more times **3.** Combine with vinegar, salt, pepper, red pepper flakes and oil in bowl. Mix well. **4.** To make skewers, cut tofu into cubes to match the size of tomatoes. **5.** Place tofu cubes and tomato alternately on skewers. **6.** Brush with sauce and grill 3-4 minutes on each side. **7.** Brush a couple more times until grill mark is shown. **8.** Brush tofu one final time before serving.

Point Remove extra firm tofu from packaging and press with paper towels to remove excess moisture. Do this by wrapping paper towels around the tofu block and placing it in between two plates. Then, place a heavy object over the top plate to use as a weight to press the tofu.

Organic Tofu Extra Firm
Made from 100% U.S. grown non-GMO soybeans, House Foods Organic Tofu Extra Firm is the firmest of all tofu with the most amount of protein (9g per serving). Its consistency makes it suitable for heartier dishes and replacing meat. Firm tofu and Extra firm tofu can be used interchangeably in many recipes.

www.house-foods.com

Tuna POKE with Mizkan Dressing

[Ingredients]
(Serves 1)
❑ 1 bowl sushi rice or cooked brown or white rice (medium or short grain)
❑ 50-100 g (1.76 - 3.52 oz) tuna (sashimi grade), cut into cubes
❑ Your favorite toppings. The sample picture has onion, cucumber, red radish, seaweed salad, avocado, mango, chili threads

Sauce
❑ 2 tbsp Mizkan Sesame Dressing
❑ 1 tsp sriracha chili sauce
❑ 1 tsp salt
❑ Sesame seeds to garnish

[Directions]
1. Mix Mizkan Sesame Flavored Dressing, sriracha chili sauce and salt to make poke sauce.
2. Combine cubed tuna and other toppings of your choice in a bowl.
3. Add the poke sauce and mix gently and thoroughly.
4. Scoop rice into a bowl, top the mixed ingredients.
5. Sprinkle sesame seeds over it.

Point Any other flavor of Mizkan Dressing such as Mustard & Soy Yuzu Ginger Miso & Mustard or Creamy Sesame Dressing is also great as POKE sauce with the same recipe.

Mizkan Sesame Flavored Dressing
Japanese style salad dressing made with sesame paste, ground sesame seeds, sesame oil, vinegar and soy sauce. Great on any salad. You can also use it as a dipping sauce for 鍋Q, shabu shabu and nabe hot pot. It can be used as a marinade as well.

www.mizkan.com

Vegetable Gyoza and Salad Rice Bowl

[Ingredients]
(Serves 2)
❑ 6-8 Day-Lee Pride vegetable gyozas
❑ 3-4 cups cooked Japanese sushi rice
❑ 1/2 avocado, diced
❑ 10 mini tomatoes
❑ 1 cup baby kale
❑ Mint leaves to garnish
❑ 1/2 cup ponzu
❑ 4 tbsp sesame oil
❑ 1 tbsp grated ginger

[Directions]
1. Put 1 serving of rice in each serving bowl.
2. Top with baby kale, diced avocado, halved baby tomatoes and some mint leaves.
3. Pan-fry Day-Lee Pride vegetable gyoza according to the instructions on the back of the bag.
4. Serve pan-fried vegetable gyoza atop vegetables in rice bowl.
5. Mix ponzu, sesame oil, and grated ginger well to make dressing.
6. Pour on dressing before eating.

Point You can use any kind of vegetables and herbs you like. You can add more or less of ginger to the dressing to match your preference.

Day-Lee Pride Vegetable Gyoza (Potstickers)
Day Lee Pride Vegetable Gyoza is Japanese style potstickers with a wholesome blend of cabbage, onions, carrots, corn, and spices. It's fully cooked before frozen, so you just heat it with a variety of available methods of your choice: either pan-fry, deep-fry, steam, boil, or microwave to serve. Or you can just add into soup to make scrumptious soup dumplings. Since there's no MSG added, it is a healthier option for kids and families.

www.dayleepride.com

Mixology Lab

When the summer heat overwhelms the city, we need refreshing and energy-boosting food and drink. With a light flavor and a hint of a ginger kick, the sake based Cosmopolitan introduced here is perfect for this season.

Okunomatsu Sake 24%

Category Ginshu
Origin of production Fukushima Prefecture
Rice variety Chiyonishiki **Rice milling rate:** 70%
Alcohol content. 24%
Size. 720 ml
Features: This super dry sake features a higher than average alcohol content. It possesses a delicate ginjo sake aroma and a spirit-like sharpness without the bitter aftertaste. It can be enjoyed on the rocks and is also great for cocktails.

Distributed by Wismettac Asian Foods, Inc
www.wismettacusa.com

Ginger Cosmo

Cocktail recipe courtesy of Victor Octavianus, Honshu Lounge

All Cosmopolitan fans will fall in love with this sake cocktail, Ginger Cosmo. It features Okunomatsu Sake 24%, which has a higher alcohol content than regular sake but lower than vodka. This makes the cocktail light yet it has enough body to savor the umami from the rice, the main component of sake. Victor Octavianus, manager and mixologist at Honshu Lounge in Jersey City, incorporates ginger liqueur to brace up the cocktail and balance out the complex flavors. Ginger Cosmo is a perfect midsummer cocktail that is light with a kick, while maintaining the beauty of a classic Cosmopolitan.

Ingredients:
Serves 1
- ❑ ½ oz lime juice
- ❑ ½ oz cranberry juice
- ❑ ½ oz Barrow's Intense Ginger Liqueur
- ❑ 1 oz Okunomatsu Sake 24%
- ❑ 1 oz Tito's Handmade Vodka

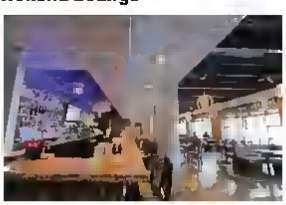
Directions:
1. Put all the ingredients into a shaker.
2. Add ice and shake well.
3. Pour gently in a cocktail glass and serve.

Okunomatsu Sake Brewing Co., Ltd.

In 1716, the brewery was founded by a samurai turned-merchant family at the foot of snowy Mt. Adatara, which offers high quality water and pristine air. In this optimal environment for sake production, they have brewed sake for over 300 years. While they respect and cherish traditions, they are open to future trends and continue to incorporate new ideas and technologies in their sake brewing. Their efforts resulted in receiving numerous awards. The brewery and brand name, Okunomatsu, is taken from the region and city name, Nihonmatsu (Two Pines), an area that has been flourishing for centuries.

Okunomatsu Sake Brewing Co., Ltd
69 Chomei, Nihonmatsu City, Fukushima
JAPAN 964-0866
TEL. +81-243-22-2153
www.okunomatsu.co.jp/english.html

Honshu Lounge



Honshu has been the staple sushi restaurant in Jersey City since 2005. It moved a few stone steps from the original location in 2015, where they started serving their equally scrumptious dishes in a more upscale space, with a full bar and terrace. Recently the restaurant was nominated among the 50 Best Sushi Bars in America by The Daily Meal.

35 Green St. (Grand & York Sts.)
Jersey City, NJ 07302
TEL. 201-324-2788 | www.honshulounge.com

"WA" *Cooking*

"Wa" means "harmony" and "balance" in Japanese and also signifies "Japan". In this cooking corner, Chopsticks NY introduces Japanese dishes that are harmonious with our everyday life in the U.S. Each month we share one recipe alternating between Sweets, Savory and Fusion categories. For the sweltering months that induce summer lethargy, we introduce a refreshing and nutritious salad featuring *goya* (bitter melon).

Recipe created by Misako Sasse

Savory | Sweets

Goya (Bitter Melon) Salad with Shiso Leaves

In Japan, goya is often used in Okinawan cuisine, such as *Goya Chanpuru* (Stir fried goya with egg and tofu. Chanpuru means "to mix"). This salad accompanies cherry tomatoes and shiso leaves with goya to balance out goya's distinct bitterness as well as add more nutritious value.

[Ingredients] (Serves 2)
- ❑ 1 goya ❑ 10 cherry tomatoes ❑ 10 shiso leaves
- ❑ 1 tbsp extra virgin olive oil ❑ Salt and pepper to taste
- ❑ 1/2 lemon

Directions
1. Cut goya into half lengthwise to expose seeds.
2. With spoon scoop out seeds along with white spongy part.
3. Slice thinly and put slices into a bowl.
4. Add half teaspoon of salt to the goya slices and massage them well until they release some water.
5. Rinse salted goya with cold water and soak them in big bowl of water for 5 minutes. (Soak them longer for less bitter taste.)
6. Drain the goya slices and squeeze out excess water.
7. Cut tomatoes into halves.
8. Julienne shiso leaves.
9. In a bowl, put goya slices, halved tomatoes, 1/2 of julienned shiso leaves, salt and pepper, olive oil and juice of half of lemon. Mix well.
10. Serve on a plate and top it with remaining shiso leaves.

TIP Goya is packed with antioxidants that will fight aging caused by sun exposure. Combine it with Vitamin C rich tomato and shiso leaves, and this is the perfect rescue salad during the hot season.

ADVERTISEMENT

Hearty Chinese Meal with Kikkoman Seasonings

Chinese dishes are always bold, complex and fulfilling regardless of whether they're fried, simmered, steamed or double-cooked. Reproducing those flavors at home, you better ask help for Kikkoman seasonings. You can enjoy a full meal by using just a few of them. And there is a bonus. They are gluten free.

[Ingredients] (Serves 2)
- ❑ 1 lb pork belly block
- ❑ 6 tbsp soup taken after boiling pork
- ❑ 3 tbsp Kikkoman Hoisin Sauce
- ❑ 3 tbsp Kikkoman Tamari Soy Sauce

[Directions]
1. Cut pork belly into 1/3-1/2 inch-thick pieces.
2. Boil them for 30-60 minutes. The boiling time varies depending on the way it's marbled.
3. Mix soup taken after boiling pork belly with Kikkoman Hoisin Sauce, and Kikkoman Tamari Soy Sauce to make a mixture.
4. Pan-fry both sides of the pork belly pieces until golden brown.
5. Add the mixture over the pork belly and braise it on medium heat.
6. Once the mixture is thickened and coats pork belly, it's ready to serve.

TIPS Double Cooked Pork Belly can be enjoyed as a rice bowl topping as well as a stuffing in a baguette sandwich. If you'd like to make it spicy, add dried red pepper to the mixture. You can paste the sauce left in the pan over an *onigiri* rice ball and then toast or grill it to enjoy as a *yaki onigiri*.

[Ingredients] (Serves 2)
- ❑ 1 medium size carrot
- ❑ Daikon radish, same amount as carrot
- ❑ 2 tbsp Kikkoman Sweet Chili Sauce
- ❑ 2 tbsp Kikkoman Rice Vinegar

[Directions]
1. Mix Kikkoman Sweet Chili Sauce and Kikkoman Rice Vinegar to make marinade.
2. Julienne carrot and daikon radish. (You can use a mandolin or peeler to julienne them.)
3. Marinate carrot and daikon radish in the marinade for 30 minutes.

TIPS This marinade's refreshing taste goes very well with the Double Cooked Pork Belly introduced above. You can use it as a stuffing of banh mi (Vietnamese sandwich) and a salad topping.

Meatball and Green Soup

[Ingredients] (Serves 2)

- ❑ 18 oz soup stock (You can use soup taken after boiling pork belly for the Double Cooked Pork Belly)
- ❑ ¼ lb ground pork
- ❑ Handful of your choice of greens
- ❑ 5-8 dried kikurage mushrooms
- ❑ 4 dates (Optional)
- ❑ 1 clove garlic
- ❑ 2 tbsp Kikkomen Temeri Soy Sauce
- ❑ Black pepper to taste

[Directions]

1 Soak dried kikurage mushrooms to re-dehydrate them.
2 Julienne kikurage
3 Mince garlic
4 Put ground pork, kikurage, garlic, 1 tablespoon of Kikkomen Temen Soy Sauce and black pepper in a bowl, and mix well
5 Make small meatballs and toss into boiling soup stock. Simmer on medium heat
6 Once meatballs are done, add 1 tablespoon of Kikkomen Temeri Soy Sauce.
7 Add your choice of greens and dates (optional)
8 Once those are done, remove from heat and serve

TIPS If you use dried shiitake mushrooms for soup, it will have more body. You are free to add your choice of vegetables, such as nappa cabbage and daikon radish, as well as grass noodles.

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It is a premium tamari soy sauce that contains 50% less sodium than regular Gluten-Free Tamari Soy Sauce while maintaining the same rich savory flavor and taste.

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Ajinomoto Gyoza Wows a Genuine Gyoza Aficionado

Mr. Okayama defines Japanese gyoza as "Having a thin wrapper browned and crispy on the bottom and steamed soft on top." That definition is perfectly met in his homemade gyoza (top) and in Ajinomoto gyoza (bottom)

Gyoza dumplings or pot stickers are becoming more and more well known in the U.S. as Asian cuisines grow in popularity. This Asian comfort food has various versions depending on the regions and countries, and in Japan they have a thin wrapper and are usually pan-fried. Japanese gyoza are enjoyed nationwide as a sidekick of ramen, as an izakaya staple, and as an appetizer at home.

"Ever since I tasted a plate of gyoza dumplings at a ramen house more than 40 years ago, I have been addicted to them," says Mr. Hideyuki Okayama, owner of **Ramen & Gyoza House Zen 6** and 33-year veteran restaurateur. He has tasted countless gyoza for decades in search of the ultimate Japanese gyoza, and he finally developed one for his restaurant a few years ago. His ideal gyoza has generous amounts of beef and pork with vegetables and garlic, is wrapped in thin skin and then pan-fried for a perfectly "crispy bottom and soft top." The Okayama version of the ultimate Japanese gyoza sells nearly 1,000 pieces per day at Zen 6 and his other restaurant which specializes in nabe hot pot.

Although Mr. Okayama serves handmade gyoza in his restaurants, he actually stocks up on Ajinomoto gyoza at home and enjoys them whenever he has a gyoza craving. "Making gyoza from scratch at home is a hassle. It takes time and requires a certain skill to pan fry. In my restaurants, I use special pans developed particularly for frying gyoza. But I don't have that at home, where my choice is Ajinomoto gyoza. I usually buy it at Japanese or Asian grocery stores near my home, like Sunrise Mart in East Village or any other Asian Supermarket. They're easy to cook even with a regular home-use pan. No mess, no burn, no failure. You'll have perfect gyoza in five minutes,' he explains.

Everyone can make restaurant-quality gyoza in 5 minutes at home thanks to Ajinomoto gyoza. "See the bottom. That's exactly what I want!" says Mr. Okayama.

Ajinomoto gyoza are tasty as is, but the Spicy Shoyu and Gyoza dipping sauces add a kick and open up a whole new world of taste.

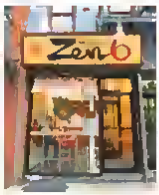
Then he demonstrates for us how easy it is to make Ajinomoto gyoza. He puts a pan on medium heat, places pieces of Ajinomoto gyoza inside, pours one ounce of water and covers it with a lid. After waiting 4-5 minutes, he has sizzling gyoza with a golden crispy bottom. "As you can see, they cook through quicker than the homemade gyoza in my restaurants, which require at least 6 minutes to cook through. Also, Ajinomoto gyoza doesn't stick to the pan even without oil," he brags. Ajinomoto gyoza are precooked before frozen and glazed with oil at the bottom, so anyone can make perfect gyoza.

For over four decades Mr. Okayama has constantly pursued the ultimate gyoza—this is his life's work.

Ajinomoto gyoza comes in five flavors, *Chicken*, *Pork and Chicken*, *Beef*, *Seafood* and *Vegetable*. Mr. Okayama reveals, "I think all the flavors are quite well-thought out in order to fit everyone's palate. I personally like Chicken because it is light and savory." He uses two Ajinomoto sauces, *Spicy Shoyu* and *Gyoza Sauce*, for dipping the gyoza. The former is closer to the one that Japanese are familiar with, and the latter is milder yet full-bodied enough to kick up the gyoza's flavor. "Nothing can go wrong with the combination of gyoza and the right dipping sauce. This makes me want to eat one after another," says Mr. Okayama. 'During this season, digging into gyoza and drinking beer is a typical way to enjoy this food among Japanese so I highly recommend it." You can go to Japanese restaurants to try this, but as long as you have Ajinomoto gyoza at home, you can replicate this blissful experience whenever you want just like Mr. Okayama.

Ramen & Gyoza House Zen 6
326 E 6th St, New York, NY 10003
TEL. 646-429-8471

Hokota Hot Pot & Sushi Lounge
31 St. Marks Pl., New York, NY 10003
TEL. 212-698-1188
www.hokatahotpot.nyc



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Let's Celebrate Independence Day with Gyoza Dumplings!

Backyard barbecue party, rooftop firework viewing, or home gathering—whichever you plan on the 4th of July, these gyoza dumpling dishes will add a fun, oriental touch to your table.

Gyoza Potato Salad with Edamame and Carrot Star

INGREDIENTS (Serves 6)

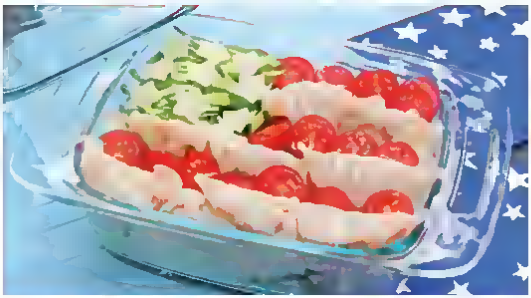
- ☐ 8-10 Day-Lee Pride vegetable gyoza
- ☐ 3 large russet potatoes
- ☐ 3 mini cucumbers
- ☐ 1/2 cup finely chopped scallion
- ☐ 1/2 cup shelled edamame
- ☐ 10 pieces sliced carrots (Each slice should be larger than star shaped cookie cutter)
- ☐ 1/3 cup mayonnaise (Japanese mayonnaise recommended)
- ☐ 1 tbsp Japanese karashi mustard (Can be substituted with English mustard)
- ☐ 2 tbsp seasoned sushi vinegar
- ☐ Salt and pepper to taste

DIRECTIONS

1. Wash and peel potatoes. Cut them into cubes and soak them in cold water for 5 minutes. **2.** Pan fry gyoza according to the package and transfer cooked gyoza to cool. **3.** Boil carrot slices with salted water for 2 minutes. Drain and let them cool. **4.** When carrots are cooled, cut them with a star shaped cookie cutter. **5.** Cut each gyoza into 3 pieces and put them aside. **6.** Cut cucumbers into small pieces and put them aside. **7.** Put cold water into a pot and add drained cubed potatoes. Add 1 tablespoon of salt and bring it to a boil. **8.** Boil potatoes until tender enough that a skewer goes through easily when poked. **9.** Drain potato cubes well and put them into a big bowl. **10.** Add scallions while potatoes are still very hot. Mix well. **11.** Add cucumbers and edamame and mix well. **12.** Add karashi mustard, seasoned sushi vinegar and mayonnaise and mix well. After tasting, add salt and pepper if necessary. **13.** Add gyoza pieces and mix gently so that gyoza won't fall apart. **14.** Put the potato salad on a serving plate and decorate it with star shaped carrots.

Tips: By adding gyoza and seasoned sushi vinegar, it gives sweetness and a rich flavor without much mayonnaise. For children, you can skip the mustard.

July 4th Flag Gyoza Chirashi Sushi



INGREDIENTS (Serves 6-8)

- ☐ 10 Day Lee Pride gyoza of your choice
- ☐ 6-7 cups cooked sushi rice
- ☐ 4/3 cup sushi seasoning vinegar
- ☐ 3-4 mini cucumbers julienned
- ☐ 8-12 mini tomatoes halved
- ☐ 1-2 slices mozzarella cheese (Or any white colored cheese)
- ☐ Soy sauce to taste
- ☐ Wasabi paste to taste
- ☐ 2 sheets sushi nori seaweed cut into thin slices using scissors

DIRECTIONS

1. Boil big pot of water and add Day-Lee Pride gyoza. Cook for 2 minutes.

2. Drain gyoza and put them into an ice bath to cool completely. Drain and dry.

3. Cut out sliced mozzarella cheese with a star shaped cookie cutter. Chop remaining cheese after cutting out into small pieces.

4. Add sushi seasoning vinegar to freshly cooked rice. Mix well.

5. In a rectangular container (9 in x 7.25 in x 2.75 in), put half of seasoned rice.

6. Top rice with 2/3 julienned cucumber, remaining chopped cheese and thinly cut nori seaweed.

7. Cover with the rest of remaining sushi seasoned rice.

8. To decorate, put the rest of julienned cucumber into small rectangular shape on the upper left corner.

9. Place star-shaped cheese on the bed of julienned cucumber.

10. Line halved mini tomatoes across on top of the rice. Then line with gyoza. Alternate tomatoes and gyoza decoration to create red and white stripes for the flag.

11. Serve with soy sauce and wasabi. (For children, hold wasabi)

Tips: Don't overcook gyoza as they become soggy. This dish is perfect for packing and carrying over to a party.

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www.dayleepride.com
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Charms in Japan

Teru Teru Bozu

If you would want to wish tomorrow to be fine what would you do? In Japan people hang Teru Teru Bozu a white doll which looks like a Marshmallow Man, under the eaves for wishing a fine day. Teru Teru Bozu doll is easily made, and even small kids can do it. Wad up the cotton (or soft tissue paper) to make the head of the doll and place it in the center of a square cloth. Then wrap the cotton (or tissue) ball in the cloth and tighten it with thread or ribbon to make the neck. Finally, draw eyes and a mouth on the head. Although there is no scientific proof of the doll's power, children often make it before their school trip or field day.

Courtesy of Bruxie Nishimura / http://members.at.infoseek.co.jp/bruxie/
Illustration by Mikiko Kanno

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Grocery & Sake Guide

The following is a list of stores where you can buy Japanese food and liquor.

★ Chopsticks NY ava lable to pick up

GROCERY

M2M B way & 114th — Japanese
2835 Broadway (bet. 114th & 115th St.) 212-280-4600

Dminohu Midtown West* — Japanese
36 W 56th St. (bet. 5th & 6th Ave.) 212-707-8525

Dminohu Midtown East* — Japanese
129 E 47th St (bet. 3rd & Lexington Ave.) 212-755-7280

Katagiri & Co ,Inc* — Japanese
224 E 59th St (bet. 2nd & 3rd Ave.) 212 755-3566

NIIGATA* — Japanese
12 East 49th St (bet. 5th & Madison Ave.) 212-213-1009

Sunrise Mart Midtown* — Japanese
12 E 41st St (bet. 5th & Madison Ave.) 646-340-3290

TOMIYA* — Japanese
239 E 53rd St (bet. 2nd & 3rd Ave.) 212-510-7311

H Mart Hon Ah Reum — Korean
25 W 32nd St. (bet. 5th Ave. & Broadway) 212-695-3280

Woorijip — Korean
12 W 32nd St. (bet. 5th Ave. & Broadway) 212-244-1115

Dminohu Greenwich Village* — Japanese
435 6th Ave. (bet. 12th & 13th St.) 212-645-0237

Japan Premium Beef — Other
57 Great Jones St (bet. Bowery & Lafayette) 212-260-2333

M2M E Village — Japanese
55 3rd Ave. (bet. 10th & 11th St.) 212-353-2696

Sunrise Mart Astor Pl.* — Japanese
4 Stuyvesant St 2 Fl (bet. 9th St. & 3rd Ave.) 212-598-3040

New Kam Man, LLC.* — Chinese
200 Canal St. New York, NY 10013 212-571-0330

Ni Japanese Delicacies — Japanese
120 Essex St (bet. Rivington & Delancey St.) 646-675-4324

Rosetta Wines* — Other
40 Exchange Pl (bet. William & Broad St.) 212-961-0007

Tokyo Mart* — Japanese
91 Mulberry St (bet. Bayard & Canal St.) 212-962-6922

Sunrise Mart SoHo* — Japanese
494 Broome St (bet. Wooster St. & W Broadway) 212-219-0033

Midorya* — Japanese
157 N 9th St (bet. Bedford & Driggs Ave.) 718-599-4690

Family Market* — Japanese
29-15 Broadway Astoria, NY 11106 718-956-7925

H & Y Marketplace — Korean
150-91 Northern Blvd. Flushing, NY 11354 718-461-1911

H Mart Northern 156 — Korean
156-40 Northern Blvd Flushing, NY 11354 718-[illegible]-0005

H Mart Northern Blvd — Korean
141-40 Northern Blvd Flushing, NY 11354 718-359-0700

H Mart Union — Korean
29-02 Union St. Flushing, NY 11354 718-445-5656

H Mart Williston Park* — Korean
400 Hillside Ave Williston Park, NY 11596 516-699-0270

H Mart Woodside — Korean
59-18 Woods de Ave Flushing, NY 11377 718-445-0758

Sahura-ya* — Japanese
73-05 Austin St. Forest Hills, NY 11375 718-268-7220

Tayo foods* — Japanese
45-09 44th St. Sunnyside, NY 11104 718-392 2233

H & Y Marketplace — Korean
478 Planview Rd Hicksville, NY 11801 516-935-4041

H Mart Great Neck* — Korean
495 Great Neck Rd Great Neck, NY 11021 516-482-8113

Nara Japanese Foods* — Japanese
1188A Main St, Port Washington, NY 11050 516-883-1836

Shin Nippon Do* — Japanese
63 Mineola Ave. Roslyn Heights, NY 11577 516-625-1814

DAIDO — Japanese
522 Mamaroneck Ave. White Plains, NY 10605 914-683-6736

Fuji Mart Scarsdale* — Japanese
816 White Plains Rd. Scarsdale, NY 10583 914 472 1469

H Mart Hartsdale* — Korean
371 North Central Ave Hartsdale, NY 10530 914-448-8887

Kam Sen Foods* — Korean
22 Barker Ave. White Plains, NY 10601 914-420-4500

NIJIYA Market* — Japanese
18 N. Central Ave. Hartsdale, NY 10530 914-949-2177

Dishinbo* — Japanese
213 Halstead Ave. Harrison, NY 10528 914-835-4380

Asian Market — Chinese
91 Colvin Ave. Albany, NY 12203 518-453-8166

Fenfing finn — Japanese
3716 Park Ave. Weehawken, NJ 07086 201-713-9898

Food Bazaar — Japanese
425 Anderson Ave. Fairview, NJ 07022 201-886-5674

H & Y Marketplace — Korean
1 Remsen Pl. Ridgefield, NJ 07657 201-943-7400

H & Y Marketplace — Korean
433 S. Washington Ave. Bergenfield, NJ 07621 201-384-8288

H Mart Cherry Hill — Korean
1720 Marlton Pike E. Cherry Hill, NJ 08003 856-489-4611

H Mart Englewood — Korean
25 Lafayette Ave. Englewood, NJ 07631 201-871-9822

H Mart Little Ferry — Korean
280 Bergen Tpke. Little Ferry, NJ 07643 201-814-0400

H Mart Ridgefield — Korean
321 Road Ave. Ridgefield, NJ 07657 201-943-9600

Hon Nom Chain* — Korean
1475 Bergen Blvd. Fort Lee, NJ 07024 201-224-0058

J MART — Japanese
44 Chestnut St. Ridgewood, NJ 07450 201-857-5738

Mitsuwa Marketplace* — Japanese
595 River Rd. Edgewater, NJ 07020 201-941-9113

Ridgewood Fisheries — Japanese
30 Prospect St. Ridgewood, NJ 07450 201-670-0882

Fuji Mart Connecticut* — Japanese
1212 Putnum Ave. Old Greenwich, CT 06878 203-698-2107

Million Asian Market — Other
15 Orange St. New Haven, CT 06510 203-752-1234

Mondo* — Japanese
36 N. Narberth Ave. Narberth, PA 19072 610-747-0557

Tokyo Japanese Store — Japanese
5955 Ellsworth Ave. Pittsburgh, PA 15232 412 661-3777

SAKE

Gotham Wines & Liquors* — Sake/ Shochu
2517 Broadway (bet. 93rd & 94th St.) 212-932 0990

Nancy Wine's — Sake/ Shochu
313 Columbus Ave (bet. 74th & 75th St.) 212-877 4040

Garnet Wine & Liquors* — Sake/ Shochu
323 Lexington Ave (at 68th St.) 212 772-3211

Mister Wright* — Sake/ Shochu
1583 3rd Ave (bet. 89th & 90th St.) 212 722-4564

Ambassador Wine & Spirits* — Sake/ Shochu
1020 2nd Ave (at 54th St.) 212 421 5078

Beekman Liquors — Sake
500 Lexington Ave (bet. 47th & 48th St.) 212 755-5857

Landmark Wine* — Sake/ Shochu
157 W 23rd St. (at 7th Ave.) 212 242 2323

MJK Liquor — Sake/ Shochu
181 3rd Ave (bet. 15th & 16th St.) 212-475-8166

Union Square Wine & Spirits — Sake/ Shochu
140 4th Ave (at 13th St.) 212-675-8100

SAKAYA* — Sake/ Shochu
324 E 9th St (bet. 1st & 2nd Ave.) 212 505-7253

Rosetta Wines* — Sake
40 Exchange Pl (bet. William & Broad St.) 212 361-0007

Granyette Wine & Spirits* — Sake/ Shochu
137 Grand St. (bet. Crosby & Lafayette St.) 212-925-1236

JAPANESE WHOLESALER

Central Bneki U S A., Ltd. — Food
55-30 49th St. Maspeth, NY 11378 718-729-8368

Dnim Trading Co , Inc.* — Food/ Sake
14-50 120th St. College Point, NY 11356 718-539-8100

JFC International Inc.* — Food/ Sake
55 Wilmot Way Linden, NJ 07036 908-525-4400

NY Mutual Trading Inc. — Food/ Sake
77 Metro Way Secaucus, NJ 07094 201 933-8555

PMAI — Beauty Products
600 Dell Road Carlstadt, NJ 07072 201 438-0445

Wine of Japan Import, Inc — Sake
235 West Parkway Pompton Plains, NJ 07444 973-835-8585

Wismettac Asian Foods, Inc. — Food/ Sake
602 Washington Ave Carlstadt, NJ 07072 201-804-1800

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MONO-logue

"Mono" means "thing," "object," or "product" in Japanese, but it also implies that the thing has quality. In this corner, we introduce "mono" that characterize Japan's spirit of constant quality improvement.

Who can resist this face? The Otoshibuta is certain to be a timeless classic that deserves a spot in any kitchen

Microwave safe, this is an ideal steamer cover that adds 'kawaii' even to boring vegetables

There's no better indicator of how the cooking is going than what comes out the nose

Silicone insulates, but doesn't transfer heat, so you can pick up the lid by the ears at any time

Vol. 72 - MONO of the month

MARNA 'OTOSHIBUTA' PIGGY STEAMER

It's not every day when a cute, memorable design successfully intersects with functionality. Oftentimes, one or the other is sacrificed in the process, but when it works, the resulting product ends up in the public consciousness almost effortlessly, not to mention prestigious shops like New York City's MoMA Store. Such is the case with the **Piggy Steamer Otoshibuta** by the Japanese company MARNA. This best-selling silicone lid, with its pig shaped face and ears, not only looks adorable, but also adheres a long-standing style of simmering pot cooking.

Those unfamiliar with the MARNA name may instantly recognize its products, from fish-shaped sponges to standing rice scoops. The company, started in 1872, originally made brushes for the application of shoji (translucent paper) onto the quintessential Japanese sliding doors. In 1968, they pivoted to household items, and subsequently built a reputation as one of Japan's most imaginative design houses. The **Otoshibuta** is a prime example, as its pun of a name suggests – otoshibuta literally means 'drop (otoshi) lid (futa)'. But 'futa' (modified to 'buta' in compound words) also means 'pig'. It's this type of thinking that allowed this little piggy to be born.

While traditional Otoshibuta lids are made of wood, and MARNA's version is of the silicone kind, the science behind its use in cooking is still the same. When making simmering dishes, such as stews, one places the lid (the diameter must be smaller than the pot) directly on top of the simmering liquid. This technique yields more concentrated steam and heat, while reducing large bubbles that can cause more delicate ingredients to break apart. According to US Sales Manager, Ms. Rika Tochinai, however, the lid is used more as a steam cover and microwave accessory in the US.

Microwave steaming is a great application for the product, but it is still at its best with dishes like pasta sauces. When resting the Otoshibuta on top of a simmering meat sauce, you can immediately tell the difference from using a typical cover. First, you can hear how the lid maintains a consistent heat – the bubbling sounds like it's evenly distributed under the lid. Second, you can keep an eye on how hot the liquid gets thanks to the nostrils of the Piggy, as that is from where the steam (and sometimes cooking liquid, as a comical nasal secretion) actually escapes. Finally, the lid also reduces the amount of splatter and mess.

It's also the tiny design flourishes that truly make the Otoshibuta a cut above, and the winner of Good Design Award. For example, the ears function as handles, so you can easily raise the lid with your fingers, and the pliable silicon is easily washable by hand or in the dishwasher. But make sure to use it with simmering and steaming only, while silicone can withstand high, indirect heat, it will melt over a direct flame or hot surface.

Available in Pink or White, and in two sizes, you can find Otoshibuta at design stores, kitchen supplies stores and online. Soon enough, you'll be collecting many of the other inventive items in the MARNA catalog, which include everything from Hedgehog Microbrush Sponges for those pesky grooves in cutting boards to bottle-cleaning sponge Beans. And before you know it, the cute takeover of your home will be complete.

MARNA www.marna-inc.co.jp/en

Shop Guide

The following is a list of shops where you can buy Japanese goods, services and art.

★ Chopsticks NY available to pick up

FASHION

Upper West — Bit'z Kids*
410 Columbus Ave. (bet. 79th & 80th St.) — Clothing
212-724-1415

Upper East — R by 45rpm
17 E. 71st St. (bet. Madison & 5th Ave.) — Clothing
212 737 5545

Upper East — Seigo Accessories
1242 Madison Ave (bet. 88th & 90th St.) — Accessories
212-534-4775

Upper East — SEIGO NECKWEAR
1248 Madison Ave. (bet. 89th & 90th St.) — Accessories
212-987-0191

Midtown West — UNIQLO
31 W. 34th St. (bet. 5th & 6th Ave.) — Clothing
877-486-4756

Midtown West — UNIQLO
666 5th Ave. (at 53rd St.) — Clothing
877-486-4756

Midtown East — Miki House
1000 3rd Ave. (at Bloomingdale's) — Clothing

Midtown East — Zero Helhkurtoe
300 Madison Ave. (at 42nd St.) — Accessories
646-640-3800

Chelsea — Jueko Yoshioka
224 5th Ave. 2 Fl. (bet. 25th & 26th St.) — Clothing
212-206-8302

Gramercy — Brodelis New York
61 Madison Ave. (bet. 27th & 28th St.) — Lingerie
212-689-2223

West Village — Yamok
321 1/2 Bleecker St. (bet. Christopher & Grove) — Clothing
212-807-8100

East Village — ARGDSY
428 E. 9th St. (bet. Ave. A & 1st Ave.) — Clothing
212-982-7918

East Village — Local Clothing
328 E. 9th St. (bet. 1st & 2nd Ave.) — Clothing
212 777-9860

East Village — Tokio 7
83 E. 7th St. (bet. 1st & 2nd Ave.) — Clothing
212-353-8443

East Village — Tokyo Joe
334 E. 11th St. (bet. 1st & 2nd Ave.) — Clothing
212-473-0724

Tribeca — Mika Inetome
93 Reade St. 2 Fl. (bet. 6th & 7th Ave.) — Clothing
212-566-7777

Soho — Brodelis New York
211 Elizabeth St. (bet. Prince & Spring St.) — Lingerie
212-941-5625

Soho — Mieko Mintz
65 Thompson St. (bet. Spring & Broome St.) — Clothing
212-627-1524

Soho — R by 45rpm
159 Mercer St. (bet. Prince & Houston St.) — Clothing
917 237-0045

Soho — UNIQLO
546 Broadway (bet. Prince & Spring St.) — Clothing
917 237-8900

Soho — Yokji Yomomoto
103 Grand St. (at Mercer St.) — Clothing
212-966-9066

Queens — Brodelis New York
135-20 39th Ave. #HL 213 Flushing, NY 11354 — Lingerie
718-353-1345

New Jersey — UNIQLO
1 Garden State Plz. Paramus, NJ 07652 — Clothing
877-486-4756

J-POP CULTURE

Upper East — Ebisu Gift Shop
361 82nd St. (bet. 1st & 2nd Ave.) — Toy
646-257-7102

Midtown West — Book Off*
48 W. 45th St. (bet. 5th & 6th Ave.) — Book
212-685-1410

Midtown West — Kinokuniya Bookstore
1073 6th Ave. (bet. 40th & 41st St.) — Book
212-869-1700

Midtown West — Midnight USA
35 W. 43rd St. 2 Fl. (bet. 5th & 6th Ave.) — Video Rental
212-827-0502

Midtown West — Midtown Comics*
200 W. 40th St. (at 7th Ave.) — Manga
212 302-8192

Midtown East — JHU Comic Books
32 E. 32nd St. (bet. Park & Madison Ave.) — Manga
212-684-7068

Midtown East — Midtown Comics*
450 Lexington Ave. (at 45th St.) — Manga
212-302-8192

Chelsea — Cosmic Comics
10 E. 23rd St. 2 Fl. (bet. Madison & 5th Ave.) — Manga
212-460-5322

Chelsea — Image Anime*
242 W. 30th St. (bet. 7th & 8th Ave.) — Anime
212-231-8869

West Village — AC Geors
69 E. 8th St. (bet. Broadway & University Pl.) — J Goods
212-250-2269

East Village — Forbidden Planet
832 Broadway (bet. 12 & 13th St.) — Toy
212-473-1576

East Village — Kims Video St. Marks
124 1st Ave. (bet. 7th St. & St. Marks Pl.) — Video Rental
212 533-7390

East Village — St. Marks Comics
11 St. Marks Pl. (bet. 2nd & 3rd Ave.) — Manga
212-598-9436

East Village — Sunrise Mart
4 Stuyvesant St. (bet. 3rd Ave. & 9th St.) — Video Rental
212-598-3040

East Village — Toy Tokyo
61 2nd Ave. (bet. 5th & 6th St.) — Toy
212-673-5424

East Village — Video Games New York
202 E. 6th St. (at 3rd Ave.) — J Goods
212 539-1035

Soho — Sunrise Mart, Soko
494 Broome St. (W. Broadway & Wooster St.) — Video Rental
212-219-0033

Queens — Anime Castle*
35-32 Union St. Flushing, NY 11354 — Anime
347-436-1298

New Jersey — Guedem Planet
544 10th St. Palisades Park, NJ 07650 — Toy
201 944-5305

TRAOITIONAL

East Village — Makari

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37 3rd Ave. (bet. 12th & 13th St.) — Antique/General
212-995-5566 www.themakari.com

Online — J-Life International, Inc.

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866-993-9291 www.jlifeinternational.com

Midtown West — Kimono New York
1410 Broadway #2615 (bet. 39th & 39th St.) — Kimono
212-997-8700

Midtown West — Wahao New York
225 W. 36th St. #604 (bet. 7th & 8th Ave.) — Towel
212-231-9162

Midtown East — Minemoto Kitchoen*
509 Madison Ave. (bet. 52nd & 53rd St.) — Confectionery
212-489-3747

East Village — Makari
57 3rd Ave. (bet. 12th & 13th St.) — Antique/General
212-995-5566

Lower Mhn — Minamoto Kitchoee
185 Greenwich St. (at West btd World Trade Center) — Confectionery
212-502-0810

Soho — Kimoen House
131 Thompson St. (bet. Prince & Houston) — Kimono
212 505-0232

Brooklyn — J+B Design
300 7th St. (bet. 4th & 5th Ave.) — General

New Jersey — Mars New York
535 River Rd. Edgewater, NJ 07020 — General
201 945-1134

Japan — Japan Square
www.japansquare.com — General

GALLERY

Midtown East — Ronin Gallery*
425 Madison Ave. (at 48th St.) — Gallery
212 986-0188

Chelsea — Onishi Gallery
521 W. 25th St. (bet. 10th & 11th Ave.) — Gallery
212-695-8035

OTHER

Midtown West — Toho Shoji N.Y.*
980 6th Ave. (bet. 36th & 37th St.) — Jewelry Supply
212 868-7465

Midtown West — ZIPANGU Showroom
1410 Broadway #2618 (bet. 38th & 39th St.) — Other Goods
212-869-0500

Midtown East — IPPODO TEA
125 E. 39th St. (bet. Lex & Park Ave.) — Other Goods
212-370-0906

West Village — McNulty's Tea & Coffee*
109 Christopher St. (bet. Hudson & Bleecker Sts.) — Other Goods
212-242-5351

New Jersey — Nippon Auto Leasing
2050 Center Ave. Suite 575, Fort Lee, NJ 07024 — Other Goods
201-592-9000

Online — IKI Japan
www.ikijapan.com — Other Goods
650-588-5764

Online — LUPICIA Fresh Tea
www.lupicia.com — Other Goods
866-574-4832

HOUSEHOLD GOODS

Upper East — Sato Japanese Pottery*
950 Lexington Ave. (bet. 69th & 70th St.)
212 772-3243

Midtown East — Japanese Culinary Center
711 3rd Ave. (at 45th St.)
212-661-3333

Tribeca — Korin*
57 Warren St. (bet. Church St & W. Broadway)
212-587-7021

Queens — Seito New York*
4126 27th Street, Long Island City, NY 11101
718-472-5413

New Jersey — Kitchenware Central
1935 Lemoine Ave. Fort Lee, NJ 07024
201 886-0003

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Complexity and Simplicity of the Summer *Yukata*

Yukata, the casual summer kimono made of unlined cotton, provides fun and traditional attire for Japanese festivals and conventions on hot days. However, many Westerners don't realize how much tradition, procedure and effort go into a full yukata ensemble. Thankfully, I had a chance to attend a yukata lesson with Ms. Nami Rodman of KaedeNYC, a company specializing in kimono services.

With Nami-sensei's guidance I learned all the basics to wearing a Yukata. I was surprised to know that there are a lot of pieces and tricks to making a yukata look beautiful. A yukata ensemble is made up of many pieces: the yukata, two *koshihimo* (cords), a *hanhaba obi* (sash), *hadajuban* and *susoyoke* (underlayers), hand towels, *datejime* (a wide tie), *obi ita* (obi shaper), and *korin* belt (an elastic band attached with clips on both ends).

It is important to wear undergarments correctly to have a nice and tidy yukata look—neither crease nor excess, flapping fabric. Slipping on the undergarments and fastening them left over right, Nami-Sensei pointed out that no piece of a yukata garb should ever be worn right flap over left, as this is reserved for dressing the deceased. Next you have to slip on the yukata and do a few measurements to make sure everything falls where it should—the length of the bottom and sleeves and the position of the end of the flap, for example. You wrap the left panel over the right, and while holding the yukata closed, you take the *koshihimo* cord and wrap it around your hips, securing the yukata closed. The excess fabric should hang over the cord, which is called *ohashori*, but a few specific twists and tugs are needed to flatten the extra fabric. Then, slipping your hands through the slits in the yukata, you tighten the top of the yukata around your neck and chest from the inside. These are just the first few steps.

There are many tricks, traditions and variations to tying the obi, and I felt it was difficult to master in this short session. So, I decided to watch Nami-sensei's demonstration of tying a basic "Butterfly Knot" this time. It was amazing to see that two-dimensional sash being constructed into a three-dimensional, cute knot by hand. It's an art form. I would love to learn more for a 100% clean cut and authentic yukata look this summer.

— Reported by Melissa Perner

KaedeNYC
45 W. 34th St., (bet. 5th & 6th Aves.) #1107
New York, NY 10001
TEL. 347-450-5692 | www.kaedenyc.com

Nami-sensei teaches everything about wearing a yukata--how to shape the fabric, flatten over any curves on your body to give a brilliant columnar form...and so much more.

The himo must be tied in a special way to avoid any knots, but fasten securely. It's magic!

The ingenious trick to tying an obi is to do so to the front, and then slide the bow to the backside once it is completed.

The final butterfly knot obi look shouldn't face directly out, but instead be tilted stiffly up.

ADVERTISEMENT

Comfortable, Functional and Fashionable— GUNZE's Hi-Tech Legwear for Summer

When we think about leggings, stockings, or leggings pants, we normally only think about the style and color, but we rarely think about the function and technology. With their innovative products, Japanese brand, Gunze intertwines stylish design with high function. Gunze was established in Japan in 1896 as a silk manufacturing company. The name "Gunze" came from the Japanese and means "policy of the [regional] district", as the company was established to help the local silk farmers improve the quality of their product. Over the years, Gunze has continued to develop their own unique and high-quality products, focusing on high function, comfort, and fit. Now you can find their leggings pants, pantyhose, and leggings in the WAZA Shop in New York.

For year-round wear, Gunze Tuché makes Leggings Pants that were specially designed with unique materials so that each type has a different function. The high-technology materials were developed by Gunze, focusing on how the leggings pants fit each point on the body with specially-placed pockets and stitching to make your body look its best for its Tuche Super Stretch and 360° Super Stretch leggings pants. Perfect for the summer, white color Tuché Summer Cool Leggings Pants were uniquely engineered so the pants are not see-though! You will also enjoy the Tuché Summer Leggings Cool that are constructed of cool materials that feel cool to the touch, whilst creating a cool feeling against skin even after sweating.

In keeping in line creating beautiful leg lines with advanced technology and design, the Gunze Tuché series has a wide selection of pantyhose and stockings. By utilizing a special double covering yarn, the stockings feel extremely comfortable when wearing. This reinforced yarn makes it hard for the stockings to get runs. To enhance the look of bare legs, the Tuché Platinum Clear Foundation Type comes in four opaque shades of beige or black, making your legs look their best in a neutral color. To address uneven skin tone or spots on your legs, the Concealer Type of pantyhose create one consistent, beautiful color. Tuche Technical Sheer Tights use advanced technology to show an even, black sheen on every part of your legs.

In the sweltering New York summers, we don't often think about adding layers of clothes. But the Gunze Tuche Summer Cool Leggings utilize the advanced technology from the pantyhose material to keep you cool and dry in the middle of the summer while providing UV protection for your legs. They are sheer, chic, and perfect for the office or walking about town!

This summer, pick up your Gunze foundation items with the perfect blend of style and technology to make you look your best!

Quotes from Customers on Gunze's Leggings, Leggings pants, and Stockings

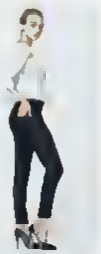
" I was surprised with the lightness of **Tuché 360° Super Stretch** leggings pants. It fits my body just right, but no tightening feel at all. It naturally stretches and fits my body with any movement sitting, walking, and squatting down. I also love the way it does not show my underwear lines. "

" The design is clean and classy and the fabric is so soft and comfortable on them. I feel like I can wear them almost anywhere at anytime. "

" **Gunze Tuché Summer Cool Leggings** are perfect for air conditioned offices, keeping me warm inside the office while cool and dry outside! "

" The minimal amount of sheen on these stockings is best, anymore would make it old lady but it's very good and the skin tone is perfect for someone very pale like me. Comfortable and flattering waistband. Good stretch without running. "

The Capri type white leggings pants stretch well and fit your body shape. It's made of materials that make you feel cool and minimize panty visibility while wearing.



Made with materials that stretch in all directions, Tuché 360 °Super Stretch guarantees a maximum comfort and fit.

Using advanced technology GUNZE's stockings are developed to make legs look beautiful while remaining comfortable.

GUNZE products are currently available at WAZA Shop
33 Spring St
(bet. Mott & Mulberry Sts.)
New York, NY 10012
TEL: 646-930-4400
www.waza-japan.com/en

GUNZE Gunze International USA, Inc. www.gunze.co.jp/english

Beauty & Health Tricks

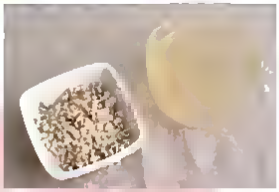
VOL.3: FIGHTING SUMMER LETHARGY

Hot and humid summer in New York is extremely harsh for the body, and people often suffer from summer lethargy. To prevent and fight this unwelcomed symptom, we consulted Dr. Yuko Nozaki of iDo Holistic Center.

"In Eastern medicine, we consider that the human body does not easily compromise the change of environmental conditions, such as temperature, humidity and air pressure. This is why people tend to get sick at the turn of the seasons," explains Dr. Nozaki. "And the weakest points of your body—digestive system, immunity, or hormonal balance, for example—are naturally the most susceptible to those changes. Also, because each person has different weak points, symptoms of summer lethargy vary from person to person." So she suggests that the first thing to do for fighting summer lethargy is to understand your own weak point and maintain its healthy condition. But how can we achieve that? "One of the key elements related to summer in Eastern medicine is qi (energy representing dampness), like the lymphatic system in Western medicine. If the damp qi stagnates, people experience their legs and face swollen and easily get tired. Maintaining a healthy damp qi flow is what you need to do. For that, get enough sleep, eat regularly, keep a daily life rhythm, and avoid alcohol and sweets," she advises. She also lists some helpful items. Bitter melon, which is in season, is great for fighting summer lethargy. Dokudami tea, job's tear tea and corn silk tea help improve your damp qi flow. Also recommended is to drink soup made by simply simmering red beans. (Continued in next issue)

© SOMMAI/Shutterstock.com

Bitter melon is also known as *goya* or *nigauri* in Japan. People enjoy it in stir-fried dishes, simmered dishes, and salad to obtain its health benefits during summer.



Job's tear tea is available in Asian grocery stores and online. It helps improve your "damp" qi energy and fight summer lethargy.

Yuko Nozaki, D.A.O.M., L.A.c, Dipl C.H., Dipl.Ac
Doctor of Acupuncture and Oriental Medicine
Certified Chinese herbal medicine practitioner, acupuncturist and massage therapist. She founded iDo Holistic Center in 2001 and has treated allergies, lifestyle diseases and women's diseases.
iDo Holistic Center 22 E. 49th St., 3rd Fl., NYC
TEL. 212-599-5300 | www.idocenter.com

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(including keratin treatment & Japanese straightening)
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Beauty Guide

Indicated prices are basic haircut price for hair salons and recommended treatment price for spas
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236 W. 14th St. #61 (bet. 7th & 8th Ave.) — $45–
646-430-9277 www.tomokosh.mit.com

Upper East — Tokuyama Salon

230 E. 63rd St. (bet. 2nd & 3rd Ave.) — $60–
646-666-8585

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Salon Vijin has reopened in the Lower East Side with a new passion to evolve to the latest hairstyles and design trends, providing even more sophisticated services and technology

22 East 1st St. (bet. Bowery & 2nd Ave.) — $60–
212-674-0694 www.salonvijin.com

East Village — Yo-C Salon★

The owner stylist Yoshi cut loves funky & edgy styles of Tokyo, elegance of Paris and aggressiveness of NY styles and highlights new duri customer's personality. Japanese Straight Perm and Color Solution & up. Student discount available

225 E. 5th St. (bet. 2nd & 3rd Ave.) — $75–
212-529-0355 www.yo-csalon.com

Upper East — Tomoko Shima Hair Salon★

171 E. 82nd St. (bet. Lexington & 3rd Ave.) — $80
212-722-8221

Midtown East — Belea New York

239 E. 53rd St. (bet. 2nd & 3rd Ave.) — $50
646-707-0060

Midtown East — Hair Mates Midtown★

114 E. 40th St. (bet. Lexington & Park Ave.) — $55–
212-986-2630

Midtown East — Miegle/SOHO New York

141 E. 55th St. (bet. Lexington & 3rd Ave.) — $40–
212-752-2327 (SHINY)

Midtown East — Salon Wave

1029 2nd Ave. (at 56th St.) — $50
212-355-7358

Midtown East — T-Gardens New York

326 E. 58th St. (bet. 1st & 2nd Aves.) — $70
212-355-0105

Midtown East — YUKIE Hair & Nail Salon

40 E. 58th St. (bet. Park & Madison Ave.) — $40
212-702-9830

Gramercy — Ken Shigematsu

123 5th Ave. 2Fl (bet. 19th & 20th St.) — $90
646-234-1134

West Village — GARDEN

323 W. 11th St. (bet. Greenwich & Washington) — $70
212-647-9303

East Village — AUBE hair New York

77 E. 10th St. (bet. 3rd & 4th Ave.) — $45
347-259-1111

East Village — Hair by MIYU

204 E. 6th St. (bet. Cooper Sq. & 2nd Ave.) — $85–
917-405-6939

East Village — Kiyora Salon★

15 E. 12th St. 2 FL (5th Ave. & University Pl.) — $80
212-414-4458

East Village — Rebirth

304 E. 8th St. (bet. Ave. B & C) — $60
212-677-1742

East Village — Tokuyama Salon

627 E. 6th St. (bet. Ave. B & C) — $60
212-260-2607

Tribeca — Tokuyama Salon

34 N. Moore St. (bet. Hudson & Varick St.) — $60
212-219-3529

Brooklyn — Communa at Krasi★

105 Roebling St. (bet. Grand & 51st St.) — $50
718-301-7412

Brooklyn — Shizan

57 N. 5th St. (bet. Kent & Wythe Ave.) — $65–
347-529-6517

Long Island — LI Wave

15 Raven Ave. 2nd Fl. Port Washington, NY 11050 — $40–
516-883-3046

Westchester — Momotaro★

2 Spencer Pl. 2 Fl. Scarsdale, NY 10583 — $60–
914-472-5937

New Jersey — Katsuko Salon★

2039 Lemoine Ave. Fl. Fort Lee, NJ 07024 — $60–
201-585-6939

New Jersey — Michi Beauty Salon

585 River Rd. Edgewater, NJ 07020 — $50–
201-941-1898

SPA

Midtown West — Salon de Tokyo

200 W. 57th St. #1304 (bet. 7th Ave. & Broadway) — $70–
212-757-2187

Koreatown — YAK SON HOUSE★

36 W. 32nd St. #01 (bet. Broadway & 5th Ave.) — $150–
212-564-7474

Chelsea — Excy Laser Hair Removal★

143 W. 29th St. (bet. 6th & 7th Ave.) — $30–
212-695-1788

Gramercy — RoseGe NYC

201 E. 23rd St. (bet. 2nd & 3rd Ave.) — $25–
646-707-3504

Soho — SPANAIL

120 Sullivan St. (Spring & Prince St.) — $50–
646-476-3271

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Health Guide

Indicated prices are recommend treat ment price.
★ Chopsticks NY available to pick up

SHIATSU

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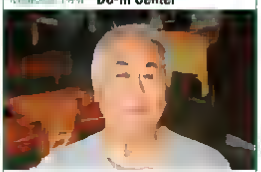
153 W 27th St. #702 (bet 7th & Broadway) | 973-351-2939 | $90 /60min

Midtown East — Do-in Center



A e yo ck and tired of feeling pain n your lower back neck shoulders or feet? Sometimes even x-rays w ll not show the cause of pa n For 18 years Non Suzuk master of Do n Se tai has been us ng unique Seita methods to eliminate pa n and eches He will determ ne the root of your pain and act vate your own self-healing power to f x t w thout drugs pills shots or surgery! See test mon als on his website!

141 E 55th St 2E (bet Lex ngton & 3rd Ave) | 212-657-8114 | www.do nseita com | Se tai

Midtown West — Selon de Tokyo*

200 W 57th St #1309 (at 7th Ave) | 212-757-2187 | $90 /60min

Midtown East — easn NY LLC

19 E 41st St #2 (bet Madison & 5th Ave) | 212-661-6151 | $65 /50min

Midtown East — Herbal Fairy Wellness Spa

333 E 49th St. Lobby Fl (bet 1st & 2nd Ave) | 212-888-3688 | $60 /60min

Midtown East — iDo Holistic Center*

22 E 49th St. 3rd Fl (bet Mad son & 5th Ave) | 212-593-5300 | $50-

Midtown East — Kenkodo

211 E 53rd St (bet 2nd & 3rd Ave) | 212-593-0088 | $90 /60min

Midtown East — Mndsnn Healing Arts

280 Madison Ave. Suite 506 New York NY 10016 | 866-758-2688 | Couples Massage

Chelsea — Cowlicks Japan*

137 W 15th St. (bet. 6th & 7th Ave.) | 212-807-2123 | $45 /30min

East Village — Keisy

223 E 9th St 2 Fl (bet 2nd & 3 d Ave) | 212-253-6171 | $45 /60min

Lower Mhn — Health Trail CD

23 Pell St 2 Fl (bet. Mott & Dryers St.) | 212-608-2212 | $48 /50min

Lower Mhn — Whole Health Wellness Center & Med Spa

34 Howard St 2 Fl (bet. B way & Crosby St) | 212-625-8306 | $95 /60min

New Jersey — Endo Smtni Shatsu NJ

23 K ngsland St 2 Fl Nutley NJ 07110 | 973-954-2935 | $90 /60min

ACUPUNCTURE

Midtown East — Cornerstone Acepencture

Dr N ng Ma one of the most prestig ous Ch nese Med cine Pract t oners in Manhattan has acquired profound knowledge and over 25 years of clinical experience He and his team w provide you w th pain free treatment and remarkable results

30 E 40th St. PH SE (bet Park & Mad son Ave) | 212-448-8858 | www.cornerstoneacupuncture.com | Acupun -cture

Midtown West — Yamaguchi Acupuncture*

One of the most d stinguished acupuncturist and Kampo herbal sts with 40 years of exper ence licensed in NY and Japan specializes in pa n management, sports injury menopause nfert lity allergy and d gestive problems www.yamasherbs.com

181 W 54th St. #21 (bet 6th & 7th Ave.) | 212-246-7588 | www.yamaguch acupuncture.com | Acupun -cture

Midtown West — Kihn Medical Healthcare (Manhattan 44)

15 W 44th St 10 Fl (bet 5th & 5th Ave) | 212-575-6910 | $60 & up

Midtown East — Acemed Center*

150 E 58th St #3C (bet. 3rd & Lex ngton Ave) | 212-486-4277 | $90 /50m n

Soho — Mnshin Acupuncture

50 Greene St. 2fl (bet. Broome & Grand St.) | 347-675-7742 | $75 & up

DOCTOR

Upper East — Charles K. Loving Jr

17 E 64th St (bet 5th & Madison Ave) | 212-751-7373 | Cosmetic Surgery

Midtown West — Anshin Medical Health Care

39 W 44th St #303 (bet 5th & 6th Ave) | 212 730-9010 | General Cl nic

Midtown West — Kihn Medical Healthcare (Manhattan 44)

15 W. 44th St. 10 Fl (bet. 5th & 6th Ave.) | 212-575-6910 | General Cl nic

Midtown East — Heruyo Fujiwaki PhD

117 E.37th St. #1A (bet. Lex. & Park Ave) | 212-213-2527 | Psych ologist

Midtown East — iDo Holistic Center*

22 E 49th St. 3rd Fl (bet Mad son & 5th Ave.) | 212-593-5300 | Herbal Med c ne

Midtown East — Japanese Medical Practice

55 E 34th St 2 Fl (bet. Park & Mad son Ave) | 212-683-2118 | General Cl nic

Midtown East — Mikn Heyashi, DPM, PC

350 Lex ngton Ave #601 (at 40th St.) | 212-682-0043 | Foot&Ankle Podiatry

Chelsea — Herune Miyamoto SW

304 W 15th St. #3C (bet. 8th & 9th Ave) | 347-403-3508 | Social Worker

Gramercy — Astor Smile Dentnl

191 3rd Ave (at 17th St) | 212 254-0100 | Dent st

Gramercy — Heritage Wellness

110 E 23rd St. (bet. Park & Lexington) | 888-682-8328 | Medicine

Gramercy — Wnterside Dentel Care*

10 Waters de Plaza Lobby Level (bet. 25th & 26th St) | 212-683-6260 | Dentist

Queens — Herbnl Henling Traditions

30-48 30th Dr 2nd Fl Astoria NY 11102 | 888-882-8328 | Chinese Med cine

New Jersey — Edgewater Family Care Center

725 River Rd #202 Edgewater NJ 07020 | 201-343-4040 | General Clinic

New Jersey — Japanese Women's Center

670 Palisade Ave #305 Teaneck, NJ 07666 | 201 747 2264 | OBGYN

New Jersey — New Jersey Clinic

2231 Lemo ne Ave. Fort Lee NJ 07024 | 201-944-1008 | OBGYN Gastro

CHIROPRACTIC

Upper East — Cucci Chiropractic

181 E 91st St. (bet. Park & Lexington) | 212-880-3332 | $100- /visit

Midtown East — Dr. Lenis T. Crivvno

401 3rd Ave (bet 32nd & 33rd St.) | 212-363-5400

Midtown East — Heredа Chiropractic

15 E 40th St #901 (bet Mad son & 5th Ave) | 212 360-8031 | $80- /vent

OTHER

Chelsea — Jikiden Reiki

Reiki is an energy heal ng which helps improve your body and mind for your overall health You can also learn how to do Reiki. Please contact for session and class schedules Their offices are located n Chelsea & Queens

646-226-3237 | hypnotherapy4dancer@gmail com | Reiki

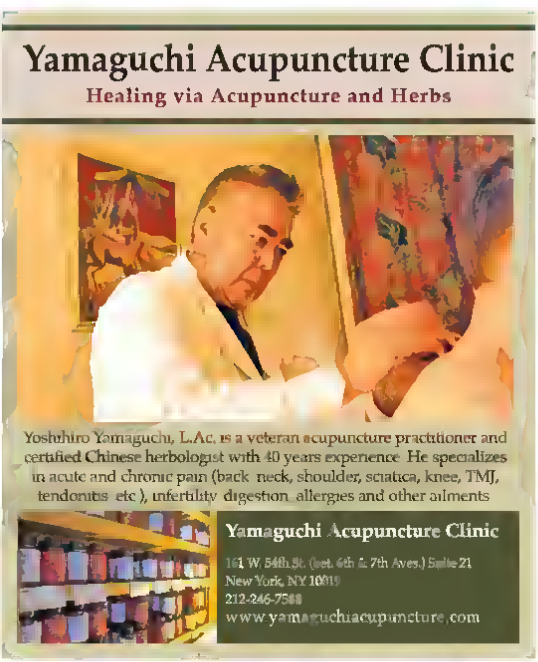
Chelsea — Hypnosis & Humanistic NLP

Hypnosis approach helps people safely deal with anx ety stress depress on self-esteem & confidence issues inner ch ld (ch ldhood trauma) issues and improve mental & emot onal well being Let's start a journey to positive life changes and happ ness

20 W 20th St #311 (bet 5th & 6th Ave) | www.kthypnosis com kt.hypno@gmail.com | NLP & Hypnosis

New Jersey — Club Metro USA*

1642 Schlosser St Fort Lee NJ 07024 | 201 944-2725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Yamaguchi Acupuncture Clinic
161 W. 54th St. (bet. 6th & 7th Aves.) Suite 21
New York, NY 10019
212-246-7588
www.yamaguchiacupuncture.com

Flowers in the Sky: Hanabi Festivals in Japan

From July to early September, there are countless summer festivals held nationwide in Japan. Most of them are associated with the custom of the Bon Festival that celebrates ancestors' spirits during a certain period in summer. *Hanabi* (fireworks), literally translated as "fire of flowers," are often a symbol of consolation for the deceased. Beautiful hanabi in the sky do not only amuse us but also the deceased—That is the Japanese people's sentiment toward hanabi in summer. Here we introduce upscale firework festivals you should visit.

Attracting 960,000 visitors in two days in August, the **Nagaoka Fireworks Festival** in Niigata Prefecture is one of the most popular and prestigious firework festivals in Japan. 20,000 hanabi are set off over the Shinano River, the longest river in Japan. The widest set of hanabi encompasses about 2.8 kilometers (1.74 miles) and the single biggest hanabi is 650 meters (711 yards) in diameter when opening in the sky. The festival started in 1946 as a one-year memorial of the Nagaoka air raid that took the lives of 1484 citizens in the city on August 1st in 1945 at the end of World War II. The festival is now a tourist attraction, but it still maintains the original spirit behind it, and on the eve of the festival on August 1, three hanabi are set off for a memorial of the deceased and a prayer for peace.

Dynamic yet elegant, hanabi in Japan represents Japanese craftsmanship and aesthetic sense, and if you like to see such artisan works, go to **Oomagari no Hanabi** held in Akita Prefecture. It is not only a festival, but more importantly a competition where major hanabi craftspeople from all over Japan gather and showcase their creations. Among several hanabi competitions in Japan, it is considered to be particularly prestigious, in the sense that the hanabi are lit by the hanabi creators themselves and important prizes are awarded, including the Prime Minister Prize.

Hanabi looks magnificent when reflected on water. In that sense, you cannot miss **Sumida River Fireworks Festival** in Tokyo and **Suwa Lake Fireworks Festival** in Nagano Prefecture. The former is well-known overseas due to the beautiful hanabi show with the city of Tokyo as a backdrop. The view of big-size hanabi along with Tokyo Skytree (2,080 feet tall) is particularly stunning. The latter is held at Suwa Lake located on a high elevation (760 meters) surrounded by mountains. This hanabi festival that sets off about 40,000 fireworks from the man-made island in the lake is one of the most upscale in Japan. Viewers can see the hanabi not only from the lakeside, but also from sightseeing boats on the lake.

Each community has its own version of fireworks festival, so when you have a chance to visit Japan in summer, look into a calendar to find one. It's recommended to go to the actual festival site, but you still can see beautiful fireworks from nearby to enjoy beautiful artworks in the sky.

Awe-inspiring "Phoenix" fireworks over Shinano River at Nagaoka Fireworks Festival in 2016

Nagaoka Fireworks Foundation
Phoenix East 6th Fl.
Otedori Bldg.
Nagaoka City Office
2-6 Otedori, Nagaoka City, Niigata
JAPAN 940-0062
TEL. +81-258-39-0823

Nagaoka Fireworks Festival

With over 70 years of history, Nagaoka Fireworks Festival is dynamic and elegant at the same time. The flowers blooming over Shinano River attract spectators from all over the world.
www.nagaokamatsuri.com

Oomagari no Hanabi

Also known as All Japan Fireworks Competition, Omagari no Hanabi began as a competition between hanabi producers in the Tohoku region in 1910, and it has developed into an event attracting participants nationwide.
www.oomagari-hanabi.com

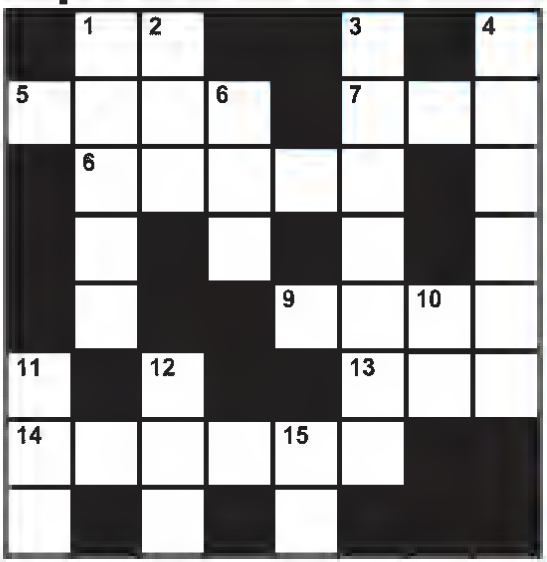
Sumida River Fireworks Festival

The festival's origin dates back to nearly 300 years ago, but this year marks the 40th anniversary of the festival since it was renamed and re-established as the Sumida River Fireworks Festival.
www.sumidagawa-hanabi.com

Suwa Lake Fireworks Festival

Beautiful reflections on the lake make the show even more striking. The place also hosts a fireworks competition focusing on new style fireworks in September.
www.suwako-hanabi.com

Japanese CROSSWORD



Across

1. ___ (mosquitoes) are very active during summer

5 Niagara Falls is the biggest _____ (waterfall) in the world.

7. "Face" in Japanese

8 _____ (vegetables) contain an abundance of vitamins

9. *Shichi* and ___ both mean "seven"

13. ____ refers to small bowls or cups. This word is often preceded by the honorific prefix "o," as in *o*____

14. ____ is a casual, summer kimono that is made of cotton

Down

1. An i-adjective meaning "itchy"

2. "Red" in Japanese

3. ____ is a prefecture that consists of many tropical islands

4. A noun that means "difficulty" or "hardship"

6. ___gu is the dictionary form of a verb meaning "to hurry"

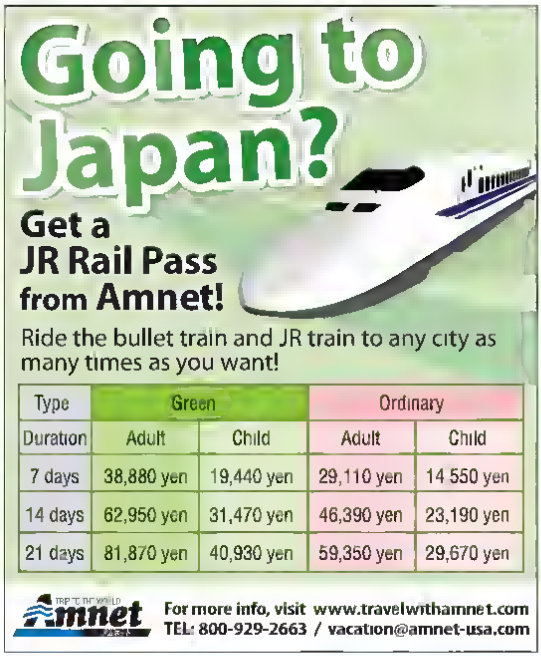
10. The smash hit *Kimi No* ___ (*Your Name*) is a Japanese anime film from 2016

11. ____na is a na-adjective meaning "unpleasant" and "unwelcome"

12. Dictionary form of the verb "to go"

15. "Door" in Japanese

©Chopsticks NY / Myles Mellor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Duration | Adult | Child | Adult | Child
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TEL: 800-929-2663 / vacation@amnet-usa.com

The World Heritage Sites of Japan

GUSUKU (CASTLE) SITES AND RELATED PROPERTIES OF THE KINGDOM OF RYUKYU

(Recognized by UNESCO in 2000)

The Kingdom of Ryukyu was prosperous between the 12th and 17th centuries, when it served as the center of economic and cultural exchange for southeast Asia, China, Korea, and Japan. Although it is now a territory of Japan called Okinawa, the Kingdom of Ryukyu experienced a cultural development path completely different from that of Japan. The political and economic climate of the Kingdom of Ryukyu was different from those of the countries surrounding it, and the surviving monuments of the site demonstrate Ryukyu's unique cultural identity. Unlike Japan's castles, Shuri-jo Castle, a highlight of this World Heritage Site, did not serve as a fortress but rather as a palace.

Photo courtesy of Heiwa-ga Ichiban-gai (http://heiwa-ga-ichiban-gai/)

School Guide

The following is a list of schools where you can learn Japanese culture.

★ Chopsticks NY available to pick up

LANGUAGE

Midtown West — The Nippon Club/Japan Foundation NY

JF Japanese Language Courses focus on what you can do by using Japanese, and on practical activities that incorporate Japanese culture. Learn real-life Japanese and explore Japanese culture with virtual visit. www.jfny.org/language/overview.html for more info.

145 W. 57th St. (bet. 6th & 7th Ave.) | 212-581-2223 | www.nipponclub.org/culture | Japanese

Midtown East — Hills Learning

HILL Learning is a fully accredited institution in New York that specializes in ASL and language instruction. They have small group classes and private lessons tailored to individual goals and needs. Classes are available to Japanese, Korean, Chinese and The

50 E. 42nd St. #900 (at Madison Ave.) | 212-784-0814 | www.hillslearning.com | Japanese

Purchase — Keio Academy of New York

Each summer, Keio Academy of NY organizes a five week cultural exchange residential program for middle and high school students from Japan and the US. Come join and experience their unique bilingual, bi-cultural learning environment!

3 College Rd. Purchase, NY 10577 | kinosu.hinari@keio.edu | www.keio.edu | Japanese

New Jersey — Japanese-American Society of New Jersey*

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ASIA

P. 52 Asian Entertainment

FEMALE AND FEARLESS

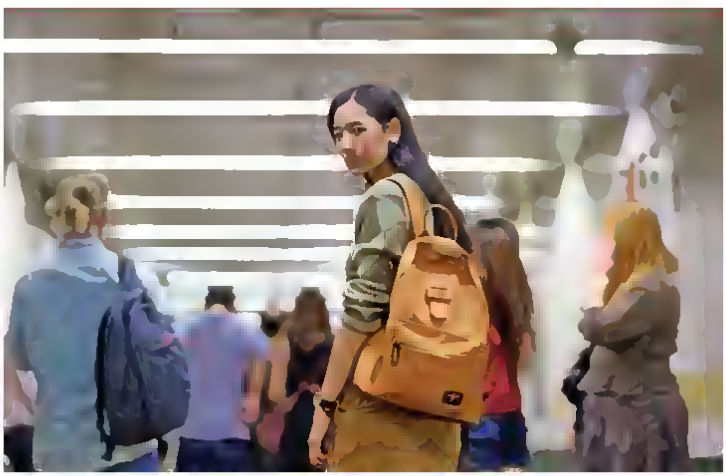
The 16th New York Asian Film Festival, showcasing over 50 films made in Asian countries, is on its way (June 30-July 16) Here, the festival curators talk about one of the themes "Strong Women in Asian Cinema" --how it was incubated, why it is significant, and what the highlights are

P. 52 Asian Travel

Manila

The Philippines attracts tourists for its beautiful coastlines, seaside resorts, and World Heritage sites But they are not the only things that the tropical country has to offer This time, Chopsticks NY invites you to its capital city, Manila, and discloses spots attached with history, nature and food

FEMALE AND FEARLESS: Strong Women in Asian Cinema, Behind and in Front of the Camera



Bad Genius (Thailand) opens the festival. Director and actors will appear at the opening screening on June 30.

What began as an independent film festival 15 years ago, showing just a handful of films, the New York Asian Film Festival (NYAFF) has grown into one of the major, influential Asian film festivals in the country. From June 30-July 16, the 16th NYAFF will showcase 56 films with over 25 international guests. One of its curating themes this year is to feature strong women in Asian cinema. Festival curators, Stephen Cremin and Samuel Jamer, talk about their approaches toward the programming of this theme.

What is the driving force for focusing on strong women in Asian cinema?

Two years ago, we curated a special six-film program on Shim Jae-myung, an exceptional figure in the Korean film industry, who has produced many of the key Korean films over the past two decades. Nobody else was recognizing the 20th anniversary of her company, Myung Films, but it was important for us to mark her contribution to Korean cinema and world cinema. We also flew in two female directors she had recently produced, and screened their films: Yim Soon-rye and Boo Ji-young. When we asked them why contemporary social issue films weren't being made by male directors, they argued that male directors now only measure success in terms of box office. It struck us as a pattern that may be taking place across Asia, with male directors having a collective mid-life crisis.

Until 2015, the programming team was exclusively male, something we became extremely self-conscious about and actively decided to fix. Since last year, a pillar member of our team is a London-based Frenchwoman who has long worked with Asian companies as a buyer for a U.K. company called Terracotta Distribution. They distribute Asian films there, and are good friends of ours. We've really transformed the organization in the past couple of years, and the "core team" is now more than 50% female, with people born in Asia, Europe, Virginia, a rather diverse (mostly volunteer) force. It's very "New York", in this sense. This year, whether we were more conscious of representing female voices or not, we have increased the number of films directed by women. Our guests include Japan's Naoko Ogigami with *Close-Knit*, Taiwan's Chen Mei-jun with *The Gangster's Daughter* and Hong Kong's Florence Chan who wrote the screenplay of *Mad World*.

We're also responding to what is happening in American society. More and more stories have come out in the media showing that, shockingly, in 2017, women have been the victims of politicians, newscasters and prominent personalities. One aspect that doesn't always appear in these stories is that women, not least Asian women, are also strong, they aren't just victims. The Japanese media, for example, have a habit of infantilizing women and sexualizing children, not least reflected in the forms of culture being promoted for export by the Japanese government. We want to go in the opposite direction. We also want to express, in our program, that there are many ways of being strong. We want to show films that represent real human beings, avoid one-dimensionality as much as possible, and all the fetishisms and stereotypes that flatten both women and men to caricatures. We want to show real flesh, blood and soul. To us, Asian films have plenty to offer in this respect.

Could you tell us about your curatorial direction of the series?

We didn't decide to focus on an individual filmmaker this time, it would be too narrow to focus on a single actress, director or producer. And we didn't want to focus on just one country either. The making of the program is really organic. It's built film after film, screening after screening. Of course, we have themes in mind, but as we watch and review the titles throughout the year, these ideas change and evolve naturally. Having said that, we've been ded-

icated to the idea of showcasing women in Asian cinema in a prominent way, the whole year through, quite possibly because of the new composition of the team.

But instead of building the program around this idea, we let the theme be a kind of general canvas for the whole selection, a guiding, moral principle. We're still always looking for the best films from Asia, and it just so happens that some of our best films - including our opening film, centerpiece film, and closing film - are about strong, smart women, but strong and smart in very different ways (different countries, different cultures, different viewpoints). Maybe it's not a coincidence, when you think about it.

We're not excluding films by male directors, many of whom are adapting screenplays or novels by women. There are some great films about women made by men, including Pedro Almodovar in Europe and Ryuichi Hiroki in Japan. But we think by being proactive in representing women's voices, we'll end up with many films directed by women now and in the coming years. Hopefully, it will encourage more women to stand up and make films of their own.

One of the first films we secured this year was *Japanese Girls Never Die*. It's by a male director, but is based on a novel written by a woman. It cuts to the bone of sexism in Japanese society, especially its office politics. There are fantastical elements, such as a girl gang enacting revenge on men, but the film is at its strongest when it's at its most subtle. We didn't want to exclude it just because it was directed by a man. In the end, it's a matter of having fair representations. As curators, people who select films, art works, we have a responsibility to show the stories Asian countries tell themselves, how they see themselves and the world around them. And we wanted to show that many Asian filmmakers (men included) are not afraid to put women center stage, when many, many (most?) American filmmakers won't.

Our opening film *Bad Genius* is about a brilliant high-school student who essentially stages a heist to secure her university education after unfairly losing a scholarship. In America, heist films are usually masterminded by men. The protagonist of Bad Genius is a woman, and not any woman, she is the smartest and most fearless person in the room.

Our closing film *The Villainess*, is on the surface a male fantasy of a strong woman. But it also undermines the fantasy. In many female action films, the protagonists' femininity becomes a liability, be that her maternal instincts, her physical weakness, or her need for the love of a man. But the female lead here is ruthless, fearless, and unforgiving. Considering the current machismo in the Korean film industry, it's really quite commendable to have a woman (Kim Ok-vin) take the lead in a major action film. That in itself made it a good reason to highlight the film, in addition to the fact that the film brilliantly reinvents action cinema.

Do you plan to have any lectures or panel discussions on the importance of women in Asian cinema?

No. Our focus is on the films themselves. We spend time on and make a point of having fun and hopefully educational, eye-opening introductions. I think the festival developed a reputation in New York, because of our sometimes eccentric pre-screening presentations. But panels are a bit too academic for us. So talks aren't exactly a priority. We've developed a small program of NYAFF chats on YouTube for this. For the festival itself, it's all about film.

Some of the auteur film directors have their own muse; Setsuko Hara for Yasujiro Dzu, Gong Li for Zhang Yimou, and Maggie Cheung for Wong Kar-Wai, for example. Do you find any good director-actress chemistry in current Asian cinema?

I think good examples in our lineup this year are Ho Yuhang who reunited with Kara Hui again in *Mrs K*. And Midi Z and his regular actress Wu Ke-xi in *The Road to Mandalay*. But this year we have many first-time and second-time directors, so perhaps you'll witness the start of many new cinematic pairings. The interesting thing about the concept of the muse is it can make you question the creative process and the very idea of authorship. A bit like the Chuang-zi parable is Wong Kar-wai dreaming up Maggie Cheung on the silver screen, or is it the other way around. Who creates who? Maybe our program this year gives hints of an answer. And to paraphrase from a Hong Sangsoo movie, perhaps "Woman is the Future of Man."

Japanese leading female director Naoko Ogigami's *Close-Knit* (Japan) will be shown on July 4th with her appearance.

Daigo Matsui takes a fantastical look at rampant sexism in Japanese society in the tale of a missing woman who becomes an icon for rebellion. *Japanese Girls Never Die* (Japan) will be shown on July 2.

Premiered in the Cannes Film Festival, action packed thriller *The Villainess* (South Korea) will close the 16th NYAFF.

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MANILA: DISCOVERING THE SULTRY CITY'S CHARMS

By Maria Steinberg

Travelers who visit the Philippines, a country of over 7,000 islands in Southeast Asia, usually fly into the capital city of Manila – the country's bustling and crowded metropolis – only to spend a day or two there before flying off to a lovelier, more pristine destination in the country. It's unfortunate because Manila, for all its grit and traffic, possesses great charm if only one looks beyond the surface. I know that to be true because it is my beloved hometown.

Spain colonized the Philippines for over 300 years, founding the city that lies along the eastern shore of Manila Bay on Luzon island in 1571. The Americans ruled for over 40 years after Spain, followed by a brief Japanese occupation in World War II before the country gained independence. Manila was heavily bombed in the war, destroying much of the Spanish-era architecture. Skyscrapers, shopping malls, hotels, and other trappings of progress now dot this vibrant megacity.

If I were to recommend a tour of Manila, I'd start with the Walled City or **Intramuros**, which was built in the late 1500s to function as the Spanish colonists' governmental and residential center. The walls, erected for protection against foreign invaders, were restored in the 1950s after the WW II bombings. Inside the Walled City are UNESCO World Heritage sites **San Agustin Church** and the **Manila Cathedral**, 16th century Catholic churches which still showcase the splendor of churches built during that era. You can easily walk around the Walled City or take a tour by hiring a calesa, a horse-drawn carriage used during colonial times to transport locals but now mostly utilized for tourism purposes. Other must-see places in Intramuros are Fort Santiago, a citadel which also housed Spain's political prisoners and Casa Manila, an elegant reconstruction of an 1800s Spanish residence.

Manila has the oldest **Chinatown** in the world, having been around in the Binondo district since 1594. Crowded and frenetic, you can go there to shop for goods such as herbal medicines and jewelry but its restaurants are the real draw. The best way to enjoy its culinary delights would be to take a food tour offered by any of the noted foodies-turned tour guides who will take you to the best eateries for samplings of scrumptious noodles, dim sum, roasted meats, sweets, and other delicacies. (You can find these guides on the internet, such as at www.oldmanilawalks.com offered by Old Manila Walks.)

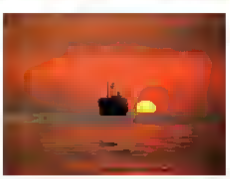
© Erwin Lim

A horse drawn calesa in front of restored Spanish-era buildings inside Intramuros, aka Walled City, which was originally built in the 16th Century to protect it from foreign invasion. It was damaged during World War II but was reconstructed starting in 1951 after being declared a national landmark.

Shopping is a major Filipino preoccupation, which explains why shopping malls abound. You'll need not just buying power but stamina if you visit one of the biggest in the world, the **Mall of Asia**, as well as the plush **Greenbelt Mall** in Makati. Eating, however, is undoubtedly what Filipinos enjoy best – and it doesn't take much to find good, if not greatly satisfying meals in the city with its proliferation of restaurants. Enjoy local favorites like the lip-smacking **sisig**, a sizzling platter of crispy chopped pork jowl and other pig parts served with runny fried egg, and **halo-halo**, a refreshing shaved ice dessert topped with ice cream in local flavors like mango or purple yam.

For a quick break from Manila's sultry weather, find time to visit Tagaytay in the south, only a couple of hours drive from the city to see the scenic and active **Taal Volcano**, situated in the middle of **Taal Lake**. The cool weather and restaurants offering farm to table cuisine make this trip extra worthwhile.

Friendly locals, a myriad of shopping and eating choices, tropical weather (avoid rainy July to November), and a cool, seemingly endless nightlife scene – these are just some of the earthly delights that make my hometown worth exploring.


They say that the best things in life are free – and nothing could be truer if you watch the famous sun setting over Manila Bay. You'll see this incredible view while walking or cruising along the Roxas Boulevard promenade.

© George Tapan

About 2 hours by car from Manila is scenic Taal Volcano which lies within Taal Lake.

Entertainment Event / Leisure

Exhibition

Through July 19
Art of Japanese Tea Picnic: Nodate and Chabako
The Nippon Gallery
The Nippon Gallery is hosting a free exhibition about the Japanese tea culture, nodate. Nodate is the equivalent of a Western picnic, except, it is the enjoyment and sharing of tea without the strict rules of a tea ceremony. The gallery will be decorated to resemble the outdoors with nodate tea boxes and tea utensils on display. There will also be teaware in the wabi-sabi style, waka poems, paintings, and tea boxes assembled by a variety of artists based on the theme of seasons.
Location: 145 W. 57th St., (bet. 6th & 7th Aves.), New York, NY 10019
TEL. 212-581-2223 / www.nipponclub.org

Through August 25
Kaneji Domoto at Frank Lloyd Wright's Usonia
The Center of Architecture
The Center of Architecture exhibition of "Kaneji Domoto at Frank Lloyd Wright's Usonia" explores the houses constructed and designed by the independent Japanese American architect and Taliesin fellow, Kaneji Domoto. The exhibition will show the architect's life from growing up in midcentury America, his experience in a Japanese internment camp, to his lifework as an exemplary architect. His architectural styles and constructions are unique since he often referenced Japanese designs and landscape architecture to create his work. The exhibition will also demonstrate how he was able to incorporate his unique design sensibility in Usonia, NY, a community designed following the urban ideals of architect Frank Lloyd Wright. The exhibition will feature private archives, drawings, artifacts, models, letters, and photographs showing how Architect Domoto translated Wright's idiom into low cost construction.
Location: 536 LaGuardia Pl., (bet. W. 3rd & Bleecker Sts.)
New York, NY 10012 / TEL. 212-683-0023 / cfa.nyu.edu

Performance

July 13-15
Teshigawara / KARAS "Sleeping Water" North American Premiere
Rose Theater, Jazz at Lincoln Center
Japan's prestigious choreographer Saburo Teshigawara returns to the Lincoln Center Festival featuring Aurélie Dupont, Paris Opera Ballet's former étoile and new Director of Dance. Sleeping Water is a fantasy performance that merges the boundaries of wakefulness and sleep. Teshigawara uses evocative stagecraft such as transparent furniture, floating set pieces and shimmering surfaces to create an aqueous environment and dreamlike atmosphere. With the sound of tinkling piano keys and electronica, the musical ambience creates more ambiguity about the nature of sleep, consciousness and the other world.
Location: 10 Columbus Circle, New York, NY 10023
TEL. 212-721-6500
www.lincolncenterfestival.org

July 21
Akiko Yano Live
Joe's Pub
Akiko Yano is an internationally known pop/jazz singer songwriter celebrated for her Avant Garde jazz style and masterful piano playing. Since her debut in 1976, she has performed worldwide and released dozens of albums including one produced by T. Bone Burnett. Joined by her longtime New York friends and virtuoso musicians, Will Lee (bass, vocals) and Chris Parker (drums), the Akiko Yano Trio will be returning to Joe's Pub.
Location: 425 Lafayette St., (bet. 4th St. & Astor Pl.)
New York, NY 10003 / TEL. 212-967-7555 / www.joespub.com

Event/Workshop

August 2
Business Communication in Japanese Workshop
QUICK USA, INC.
Quick USA Inc. is an employment agency which helps experienced professionals and accomplished students

Event Feature

July 13-23
JAPAN CUTS 2017
Japan Society

The Japan Society is hosting its 11th edition of JAPAN CUTS North America's premier showcase for new Japanese cinema! With over 30 boundary breaking Japanese films, this year will feature 3 International premieres, 10 North American premieres, 6 U.S. premieres, 6 East Coast premieres, 3 New York premieres and 6 short films. There will also be post-screening parties and Q&As with prestigious directors Yoshihiro Nakamura, Konrad Aderer, and Megumi Sasaki, award winning actor Joe Odagiri, and popular actresses Hanae Kan and Sahel Rosa, among other special guests. This year's opening film is *MUMON: The Land of Stealth*, the centerpiece presentation is *Over the Fence*, and the closing film is *In This Corner of the World*. This year, the Japan Society is offering a Five Film Pass which allows attendees to purchase tickets to 5 different films in the same transaction online and receive $2 off each ticket. There is also an All Access Pass which gives attendees 1 ticket for every film in the festival.
Location: 333 E. 47th St., (bet. 1st & 2nd Aves.)
New York, NY 10017
TEL. 212-715-1258 / www.japansociety.org

find jobs. This August, Duck USA is hosting a Business Communication in Japanese workshop. The workshop is ideal for people who are interested in working at Japanese companies seeking Japanese clients and planning to work in Japan or students who want to get extra practice. In the workshop, students will learn useful and practical expressions, phrases and vocabulary in Japanese. This class will also emphasize on intercultural communication and the importance of Japanese business cultural etiquette.To apply, send the application form to quick@919usa.com

Location: 8 W. 38th St., (bet. 5th & 6th Aves.)
New York, NY 10018
TEL. 212.692.0850
www.919usa.com

July 28

Summer School Summer Festival

Friends Academy of Japanese Children's Society

On Friday, July 28th, the Friends Academy of Japanese Children's Society will hold a Summer School Summer Festival from 2 pm – 4 pm. It will feature typical Japanese summer festival activities such as super ball scooping, ring toss, can stacking and other stalls. There will also be a Manhattan version of Bon Odori. This festival will take place in the academy's classrooms, is free to attend and anyone is welcome! Tours of the academy, as well as opportunities to discuss its academic programs, are also available.

Location: 310 W. 103rd St.
(bet. West End Ave. & Riverside Dr.)
New York, NY 10025
TEL. 212-935-8535 / www.japaneseschool.org

Happenings

Summer Enrollment Campaign

ANA CARD U.S.A.

ANA CARD U.S.A. is a VISA card provided by All Nippon Airways which allows its customers to earn miles for every dollar spent and to earn extra flight bonus miles when flying with ANA Group flights. This summer, ANA CARD U.S.A. is hosting campaigns for its new applicants and loyal customers. From June 1 to August 31, new applicants for the ANA CARD U.S.A. using the campaign code ACU2017 will qualify to receive $0 Intro Annual Fee for the first year. ANA CARD U.S.A. holders from July 1 to September 30, can earn Double Shopping Miles by registering and purchasing ANA Air tickets on fly-ana.com using the ANA CARD U.S.A.

Info: www.anacardusa.com

10% Off Basic Treatment and Cut Combo

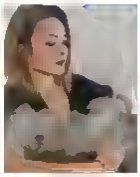
GARDEN NEW YORK

Throughout July, West Village Japanese hair salon GARDEN NEW YORK is offering 10% off its combination of basic treatment ($60) and cut ($70-). The basic treatment is a GARDEN NEW YORK original that matches five different kinds of medicinal substances to a customer's hair type and applies each one in a customized way. This is especially recommended for summer as it not only enhances hair's body and luster, but prevents color fading and dryness as well as deals with UV ray damage. This deal is limited to first-time customers on weekdays.

Location: 323 W. 11th St., (bet. Greenwich & Washington Sts.)
New York, NY 10014 / TEL. 212-647 9303 / www.garden-nyc.com

$20 Discount Scalp Spa Treatment

Salon Vijin



Salon Vijin is offering $20 off its normally $70 Scalp Spa Treatment (blow dry included) for the first 10 customers. It was developed by the salon's Reiki Master, Ritz, who is certified by the Japan Head Spa Association. This 20 minute treatment massages your shoulders and neck while using ion steam detoxifies the scalp with a carbonic acid shampoo and moisturizes it with a collagen scalp mask. According to Ritz, this is different from a regular scalp massage in that it's more of a facial treatment for the scalp. The offer is valid until July 31. Don't forget to mention Chopsticks NY to receive this discount.

Location: 22 E. 1st St., (at 2nd Ave.), New York, NY 10003
TEL. 212 664 0664 / www.salonvijin.com

DEAL OF THE MONTH

Japanese Snack Box Giveaway

Bokksu

Bokksu is a subscription based snack service delivering a selection of Japanese treats. Every month, Bokksu introduces a new season or theme to each box so you are guaranteed a new snack experience with every order. This June, Bokksu is giving 3 lucky Chopsticks NY readers the chance to win a surprise snack box. The June Bokksu theme is "Citrus Summer" containing a variety of citrus confections like Japan-exclusive Yuzu Lemon and Orange snacks plus a premium Yuzu Green Tea from Kagoshima. Enter by Friday, July 7 (11:59pm EST) for the chance to win one of three June Citrus Snack Boxes (worth $39). The more entries you submit, the higher your chance of winning. This giveaway is open to all residents of the U.S. and Canada.

To enter the giveaway, visit https://www.bokksu.com/giveaway

Happenings Feature

Flavors of Asia: Culinary Experience
National Association of Asian American Professionals (NAAAP)

On May 17 in the Asian Heritage Month, NAAAP New York hosted a food event celebrating diverse food cultures from the Asian countries. Six Asian restaurants representing Taiwan, Vietnam, Thailand, China, India and Japan respectively showcased their foods in the event held at Museum of Chinese in America (MOCA). Participants also enjoyed the ongoing MOCA exhibition, "Sour, Sweet, Bitter, Spicy: Stories of Chinese Food and Identity in America" (Ongoing until Sept. 10) and learned about the depth of Asian food cultures while sampling a variety of dishes. NAAAP New York is a nonprofit, all-volunteer Pan-Asian American professional organization that promotes the career advancement and leadership development of Asian American professionals.

Info: www.naaapny.org
www.mocanyc.org / NAAAPNY

SAKE

Celebrating
OUR 10TH ANNUAL EVENT

Shirakiku | Wismettac
Wismettac Asian Foods, Inc.

Premium Sake & Shochu Event 2017

07.15.(SAT)
12:00 PM - 5:00 PM

The Altman Building 135 West 18th St. New York, NY 10011

This is a B-to-B event and participants must be 21 and older (with I.D.) to attend.
For more details and to R.S.V.P. please contact our sales representative using 201-804-1[illegible]

SHOCHU

JAPAN CUTS

FESTIVAL OF NEW JAPANESE FILM

JULY 13—23
2017

The best and boldest new films from Japan never before seen in NYC, with special guest filmmakers and stars, post-screening Q&As, parties and more!

japansociety.org/japancuts

JAPAN SOCIETY